

## Low-Carb “Potato” Salad

A diabetic-friendly recipe

### Ingredients:

- 1 pound cauliflower, cut into bite-sized pieces
- 1/2 cup water
- 1 green onion, finely sliced
- 4 hardboiled eggs, chopped
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard



### Directions

1. Place cauliflower and water in a medium microwave-safe bowl. Cover and microwave 4–5 minutes or until tender. Drain and return to bowl. Allow to cool for several minutes.
2. Stir in onion, eggs, mayonnaise, and mustard. Cover and chill until ready to serve.

*Makes 2 servings*

**To make a recipe card**, print on card stock paper. Cut out along dotted lines.  
Glue the front and back of the card together.