



German Cauliflower Potato Salad



1/8th of recipe (about 3/4 cup): 83 calories, 0.5g total fat (0.5g sat. fat), 406mg sodium, 15.5g carbs, 3g fiber, 6.5g sugars, 3.5g protein

Prep: 15 minutes **Cook:** 15 minutes

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Ingredients

5 cups roughly chopped cauliflower (about 1 head)
10 oz. (about 4) baby red potatoes, cut into bite-sized pieces
3 cups bagged coleslaw mix
1 cup chopped onion
1/4 cup seasoned rice vinegar
3 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)
2 tbsp. mild Dijon mustard
1 1/2 tsp. granulated sugar
1/8 tsp. salt
Dash black pepper
1/4 cup chopped scallions

Directions

Place cauliflower and potatoes in a large microwave-safe bowl with 1/3 cup water. Cover and microwave for 6 minutes. Stir, re-cover, and microwave for 6 minutes, or until tender. Once cool enough to handle, drain excess water.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add coleslaw mix and onion. Cook and stir until slightly browned and softened, about 8 minutes.

Add skillet contents to the drained cauliflower/potatoes in the large bowl.

To make the dressing, combine all remaining ingredients *except* scallions in a microwave-safe bowl. Add 2 tbsp. water and stir. Microwave for 1 minute, or until warm. Mix thoroughly.

Add dressing to the large bowl, and toss to coat. Stir in scallions.

MAKES 8 SERVINGS

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