

Salads and Starters

Mock Potato Salad

**Yield: 2-3 servings as a main dish
- or 4-6 servings as a starter**

Extract from:
www.paleo-harvest.com

This is a yummy dish with an uncanny resemblance in taste and texture to a great potato salad. But this recipe (with no potato) is fully conforming. Eat as much as you like.

It might be necessary to adjust the quantities of dressing (mustard, mayonnaise and oil) to taste.

1 cauliflower head (about 1 1/2 pounds)
1 tablespoon Dijon mustard
3 tablespoons conforming mayonnaise*
2 tablespoons Canola oil
1 medium onion (about 4 ounces), finely chopped
3 celery stalks (about 3 ounces), finely chopped
4 sprigs fresh parsley, finely chopped
freshly ground black pepper to taste
2 eggs, omega-3, hard boiled and finely chopped

1. Divide cauliflower into small florets.
2. Steam for about 10 minutes, until tender but still crunchy. Set aside to cool.
3. Meanwhile, in a large salad bowl, combine the mustard with the mayonnaise and oil.
4. Stir in the chopped onion, celery and parsley. Season with pepper to taste.
5. Add the cauliflower florets and coat well with the ingredients.
6. Carefully fold the chopped eggs into the cauliflower salad.

*Conforming mayonnaise: the original - and best - mayonnaise is made only from olive oil, eggs and maybe some lemon juice and mustard. You can substitute Canola (rapeseed) oil for olive oil. If buying ready-made, try to find a product that conforms as closely as possible to these ingredients.