



MINTY FRESH CUCUMBER SALAD

Yield: 6-8 servings

Ingredients

- ❖ 1 head of cauliflower, chopped into large florets
- ❖ 4 large eggs, hardboiled and chopped small
- ❖ 3 celery sticks, finely chopped
- ❖ 2 scallions, finely chopped
- ❖ 2 tablespoons parsley, finely chopped
- ❖ 1 tablespoon fresh dill, finely chopped
- ❖ 4 tablespoons mayonnaise (“*Sir Kensington*” is my favorite healthy non-GMO brand)
- ❖ 1 tablespoon dijon mustard
- ❖ 1 teaspoon sea salt
- ❖ ½ teaspoon ground black pepper



Procedure:

1. Fill a large pot with 2 inches water. Insert a steamer basket and fill with the cauliflower. Cover with lid and cook for approximately 10 minutes after the water comes to a boil. Cook until slightly tender. Be careful not to overcook, this will cause a mushy texture.
2. Remove cauliflower and allow to cool completely. Chop lightly into smaller florets or bite size pieces.
3. In a large bowl, add eggs, celery, scallions, parsley and dill.
4. Add the chopped cauliflower, mayo and mustard. Combine well and season to taste with salt and pepper.
5. Chill in refrigerator for about 30 minutes before serving.