

Faux Potato Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  05
m

Serves:  12

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegan, Gluten Free

Source: Family Table by
Mishpacha Magazine

Cuisines: Southern

This is my family's favorite potato salad recipe. As the saying goes, I like potato salad, but it doesn't like me! I'm trying to cut down on carbs, but I didn't want to give this up. One fine day when I noticed cauliflower in my freezer, I thought, why not use it to replace the potatoes in this salad? It worked like a charm. It's flavorful, low in fat, and low-carb too. Taste isn't compromised at all. Recipe by Brynie Greisman.

Ingredients (10)

Main ingredients

- 1 and 1/2 pounds (700 grams) **Beleaf Frozen Cauliflower**, defrosted but not too soft
- 4 sour pickles, cubed (reserve 1/4 cup pickle juice)
- 1 carrot, grated
- 1 and 1/2 teaspoons mustard, or to taste
- 1 teaspoon salt, or to taste

- 1 teaspoon Gefen Garlic Powder
 - 1/4 teaspoon pepper
 - 1/4 cup Gefen Lite Mayonnaise or other low-fat mayonnaise
 - chives, chopped (*optional*)
 - scallions, chopped (*optional*)
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Start Cooking

Prepare the Salad

1. Place cauliflower, pickles, and carrot in a large bowl.
2. Whisk together pickle juice, mustard, salt, garlic powder, pepper, and mayonnaise in a small bowl. Add to vegetables and toss to coat.
3. Add chopped chives or scallions, if desired, as a garnish or mixed in with the salad. Taste and adjust seasoning if necessary.

Note:

The original recipe called for nine potatoes cooked, peeled and cubed, and 2/3 cup or more regular mayonnaise.

Tip:

Cauliflower is a very bland vegetable, so you might want to up the seasoning.

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.