



Noble Alchemy's Easy, Unbelievably Delicious Faux Potato Salad

Imagine this: a sunny summer afternoon, a picnic spread, and the craving for a classic potato salad. But there's a catch—you're watching your carbs and traditional potato salad just doesn't fit the bill. Frustrating, right?

But wait! What if I told you there's a guilt-free version that's just as delicious? I first encountered this amazing "faux" potato salad at a cozy Christmas Eve party, thanks to my friend Fred. He graciously shared his recipe, and though it slipped my mind for a while, the arrival of summer jogged my memory. I dusted off that recipe, added my own twists, and voila—an even better version was born (sorry Fred, but I think you'll agree!).

This salad swaps traditional potatoes for tender cauliflower, cutting down on carbs without sacrificing any of that comforting goodness. It's packed with vibrant veggies and spices that keep things interesting and is incredibly easy to make!

While it isn't entirely vegan due to the hardboiled eggs, I use eggs from my friend's happy, free-ranging organic hens. For those without a backyard egg source, organic, humanely-raised eggs from health food stores like Natural Grocers or Sprouts are perfect alternatives.

Whether you're heading to a picnic, BBQ, or just craving a refreshing and healthy side dish, this "faux" potato salad is bound to become your new summer favorite. Ready to dive in?

Ingredients

- 1 medium head organic cauliflower, washed, broken into bitesize florets and slightly steamed
- 1/2 cup organic shredded carrots
- 2 hard boiled free range eggs, peeled and chopped
- 1/3 cup organic red onion, chopped
- 1/3 cup organic celery, chopped
- 1 organic dill pickle, chopped
- 10 organic green olives stuffed with pimento, sliced
- ¼ cup Chosen avocado mayonnaise
- 2 TB Plain Fage Nonfat Greek Yogurt
- 1 TB organic Dijon mustard (sometimes the organic version of Dijon is hard to find so regular will stand in if you can't find organic and if you don't like Dijon, use regular mustard)

- 1 tsp Noble Alchemy's Home Made Insanely Easy Potato Salad Spice (recipe follows)

Procedure:

1. Steam cauliflower for about 4 minutes in the microwave or about 6 minutes on the stove and set aside in a large bowl
2. Add carrots, eggs, onion, celery, dill pickle and green olives to cauliflower and toss to combine
3. In a small bowl combine mayo, Greek yogurt and mustard then add the potato salad spice and whisk well.
4. Pour the mayo/mustard/spice mixture over the cauliflower mixture and combine well.
5. Add additional salt and pepper to taste.

This serves approximately 4 people as a good size portioned side dish. I like to eat it as my meal and I it's so good, I easily eat a quarter of the salad in one sitting. It pairs great with a nice "bun-less" vegan burger and all the healthy fixins' (tomato, onion, pickles, peppers, etc). I find that people start out with a small spoonful of this salad, and once they taste it, they go back for seconds, so I often make a double batch. It will keep for about 4-5 days in the fridge and the leftovers taste great (wonderful for meal prep)!

As promised, below is the Potato Salad Spice recipe

Noble Alchemy's Home Made Insanely Easy Potato Salad Spice Recipe:

- 3 TB ground organic mustard
- 2 TB organic celery salt *Cooks note
- ½ tsp each: garlic, paprika and Beau Mond
- ¼ tsp dried dill weed
- Salt & Pepper to taste (go light on the salt as the celery salt is usually pretty salty)

Mix all ingredients together and store in an airtight container in your dark pantry. Mine keeps for months and it makes enough for several recipes of the faux potato salad since you only use 1 tsp per batch.

*Cooks note: Once I ran out of celery salt and I substituted it with 2 TB organic ground celery and ½ tsp sea salt. I actually liked this version just as well and it allowed me to have better control over the sodium content.

Bon Appetit!