





HOT POTATO CAULIFLOWER SALAD




This savory side is loaded with potassium, a nutrient that supports healthy blood pressure. **Enjoy this satisfying version of Hot German Potato Salad that adds non-starchy cauliflower for a delicious twist!**

INGREDIENTS

Serves 6 (1 cup each)

- 1 pound of unpeeled potatoes,  diced (Yukon gold, red, or russet)
- 2 tablespoons canola or olive oil
- 2 tablespoons honey
- 1/2 head cauliflower, cut into small florets (or 12 oz. bag of cauliflower florets) 
- 2 teaspoons ground mustard
- 1 bell pepper, diced (any color) 
- 1/4 cup apple cider vinegar
- 1 bunch green onions, thinly sliced 
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

 Items are DUO-eligible for those who qualify.

DIRECTIONS

1. Place potatoes and cauliflower in a steamer basket. Cover and steam for 15 minutes or until vegetables are tender.
2. Meanwhile whisk together oil, honey, ground mustard, vinegar, salt, and pepper in a large bowl.
3. Add bell pepper and green onions to the vinaigrette and mix.
4. Once potatoes and cauliflower are tender, mix with all ingredients while still hot.
5. Serve immediately. Leftovers can be reheated in the microwave or enjoyed cold.



INGREDIENT SWAPS: Also try spicy mustard, Dijon, or adding additional whole mustard seed.

Nutrients per serving: 148 calories, 5 g total fat (0 g saturated), 24 g total carbohydrates (3 g dietary fiber), 3 g protein, 118 mg sodium, 492 mg potassium, 32 mg calcium, 31 mg magnesium



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This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

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