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!

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.

INGREDIENTS

Serves 6 (1 cup each)

- 1 pound of unpeeled potatoes, diced (Yukon gold, red, or russet)
- ½ head cauliflower, cut into small florets (or 12 oz. bag of cauliflower florets)
- 1 bell pepper, diced (any color)
- 1 bunch green onions, thinly sliced
- 2 tablespoons canola or olive oil
- 2 tablespoons honey
- 2 teaspoons ground mustard
- ¼ cup apple cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Items are DUO-eligible for those who qualify.

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
The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a $1 for $1 match, up to $20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.

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.

Looking for more healthy eating resources?
Scan the QR codes below with your phone’s camera for free information.

Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs
Explore More Family-Friendly Recipe Ideas

This organization is an equal opportunity provider. This work is supported by the Gus Schumacher Nutrition Incentive Grant Program from the USDA National Institute of Food and Agriculture.