



Keto Loaded Potato Salad

Keto Potato Salad is the perfect side dish . . . and I'll let you in on a little secret. There are no potatoes! We used diced cauliflower and a few extra Keto goodies to make this delicious salad. We'll pair it with a steak, burgers, or even eat it alone as lunch!

Recipe:

Mix Together:

- ½-¾ C Avocado Mayo
- 3 T Dijon Mustard
- ¼ C Pickle Juice
- Salt and Pepper to taste

Prepare:

- 1 Head Cauliflower, diced (about 5 cups), steamed
- 6 Hard Boiled Eggs, diced
- ⅓ C Chopped Pickles
- ½ C Fresh Parsley

Toppings:

- ⅓ C Bacon Bits (about 4 slices)
- ⅓ C Shredded or Cubed Cheese
- ¼ C Green Onions



Mix together the wet ingredients, add in diced ingredients. Top with toppings!
Refrigerate for 2+ hours.

The Keto Dad Tips and Tricks:

- Make extras! This is a great lunch!
- You can vary the amount of “sauce” based on how dry or wet you like your potato salad. You can also blend some of the cauliflower if you want the added mashed potato taste!
- We cook the cauliflower for just a few minutes to soften it for the salad.

Serves: 10

Calories: 186, Fat: 16g, Carbs: 4g, Fiber: 2g, (Net Carbs 2) Protein: 8g

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