

## In the Pink Vegetable Salad

Yield: 10 servings

### Ingredients:

3 cups cooked white baking potatoes, peeled and cubed  
2½ cups cauliflower florets that have been par-cooked in salted water for 5 minutes  
¾ cup each diced celery and yellow onion  
2 cloves minced garlic  
⅔ cup chopped dill pickles  
salt and white pepper to taste  
1 tablespoon fresh-squeezed lemon juice  
2 tablespoons spicy brown mustard  
½ cup mayonnaise  
1 cup cooked beets, cubed like potatoes  
5 cups shredded lettuce (optional)  
1 cup chopped fresh parsley (optional)  
5 chopped hard-boiled eggs (optional)

### Procedure:

In a large mixing bowl, combine all the vegetables, except beets; salt and pepper to taste. In a small bowl, whisk together lemon juice, mustard and mayonnaise; add to vegetables in bowl and blend. At this point, salad can be chilled overnight for the flavors to meld. Stir in beets just before serving. For individual servings, mound salad on a bed

about 150  
calories and  
9 grams of fat  
per serving

of shredded lettuce, if desired, and garnish with parsley and eggs.

**If you're watching your fat and calorie intake, try using a reduced-fat mayonnaise or salad dressing in place of the regular mayonnaise.**



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