

Old-Fashioned Egg Mock Potato Salad

This is a reinvention of my mother's recipe that my family has enjoyed forever! Cauliflower has a neutral flavor that absorbs whatever you add to it, so it's a perfect alternative to potatoes. This is the best use of cauliflower—reinvented as potatoes—I've ever tasted, and once you've tasted it I know you'll agree!

- 1 large head cauliflower, cleaned and finely diced
(about 4 cups)
- 6 hard-boiled large eggs, chopped
- 1 cup finely diced celery (2 ribs) *I use 4-5 ribs*
- 1 cup mayonnaise
- 1/2 teaspoon yellow table mustard
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 1/8 teaspoon garlic powder
- paprika, for garnish
- minced fresh parsley for garnish
- 2-3 Dill Pickles, Celery seed, 1/2 teaspoon Dill*

YIELD:
8 servings
NET CARBOHYDRATES:
2 grams per serving
PREP:
10 minutes
COOK:
10 minutes
CHILL:
1 hour

1. Set a large pot of water over high heat and bring to a boil.
2. Cook the cauliflower pieces in the boiling water for about 5 minutes, until tender. Drain thoroughly and immerse in an ice water bath to stop the cooking. Drain well, then pat dry between several layers of paper towels.
3. Place the cauliflower in a bowl with all the remaining ingredients except the paprika and parsley and mix well with a large kitchen spoon.
4. Sprinkle with the paprika and parsley, then chill for at least 1 hour before serving.

HELPFUL HINTS

This recipe is even better the next day! Try adding a tablespoon of chopped fresh dill for a completely different flavor!

Another Guaranteed Hit

Garlic Mock Mashed Potatoes

The key to success when you're eating *Stella Style* is finding low-carb alternatives to your favorite high-carb foods—NOT doing without! That means “thinking outside the box.” A perfect example is this recipe, which uses cauliflower to replace high-carb potatoes. Cauliflower has a neutral taste, and it does a terrific job of absorbing the flavor of the other ingredients in any recipe. Try this great side dish for family dinners, especially holidays—and with Wild Mushroom Turkey Gravy (page 80), of course!

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- ¼ cup grated Parmesan cheese
- ¼ teaspoon minced fresh garlic
- teaspoon chicken base or bouillon (you may substitute
½ teaspoon salt)
- ⅛ teaspoon freshly ground black pepper
- ½ teaspoon chopped fresh or dried chives, for garnish
- 3 tablespoons unsalted butter

YIELD:
4 servings
NET CARBOHYDRATES:
4 grams per serving
PREP:
15 minutes
COOK:
6 minutes

1. Bring a large pot of water to a boil over high heat.
 1. Clean and cut the cauliflower into small pieces. Cook in the boiling water for about 6 minutes, until well done.
 2. Drain well. Do not let cool. Pat the cooked cauliflower very dry between several layers of paper towels (otherwise your “potatoes” will fall apart).
 3. With an immersion blender in a deep bowl or in a food processor, pulse the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth. *Blend until creamy*
 4. Garnish with chives and serve hot with pats of butter.

HELPFUL HINT

Try adding a little roasted garlic or chopped fresh rosemary for a whole new taste!

I put this into a shallow pan, put Parmesan on top then Bake till light Brown.

Guaranteed Hit.