

Cabbage, Summer Squash & Black Bean Slaw



Makes:

10 - 12 servings as a side dish

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

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Recipe Description:

This easy to make salad is a nice addition to any barbecue or gathering. Serve this as a vegan or vegetarian main dish or pair it with grilled tofu, tempeh, fish, chicken or burgers.

¹/₂

small head

green or red cabbage, sliced, use Cone #4

1

medium

zucchini (³/₄ pound), trimmed and scrubbed, use Cone #2

1

medium

yellow summer squash (³/₄ pound), trimmed and scrubbed, use Cone #2

2

cups

cherry tomatoes or small heirloom tomatoes, cut in half

(298

g)

4

scallions, white and green part, trimmed and minced

15

ounces

black beans, drained and rinsed

(425

g)

1

tablespoon

minced jalapeño

(15

g)

$\frac{1}{4}$

cup

fresh parsley or cilantro leaves, chopped

(15

g)

4

tablespoons

olive oil

(60

ml)

4

tablespoons

apple cider vinegar

(60

ml)

1

teaspoon

sea salt

(6

g)

1

teaspoon

cumin powder

(3

g)

Directions:

1. Using the food processor, process cabbage, zucchini and yellow squash directly into a large mixing bowl.
2. Add tomatoes, scallions, black beans, jalapeños and herbs. Stir to combine.
3. Just before serving, add olive oil, vinegar, salt and cumin. Stir to combine.
4. Taste and add any additional seasonings as desired.

Tips:

- Substitute red onions for minced scallions.
- Top salad with shredded sharp cheddar cheese.
- Refrigerate salad until ready to serve. Adding the dressing right before serving will maintain a nice crisp and crunchy texture.

Nutritional Information per Serving

Calories:

128

Total Fat:

6g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

202mg

Total Carbs:

15g

Dietary Fiber:

5g

Sugar:

2g

Protein:

5g