

Summer Vegetable Salad with Lime Vinaigrette



Makes:

10 - 12 servings

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

small mixing bowl

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Recipe Description:

A light meal or a colorful side, this salad can be made in an instant using the Saladmaster Machine. This is a wonderful, fresh taste for summer.

Salad

1

small

red onion, strung, use Cone #2

1

small

yellow zucchini, sliced, use Cone #4

16

yellow or cherry tomatoes, halved

1

red bell pepper, diced

4

red radishes, sliced, use Cone #4

1

cup

jicama, peeled and strung, use Cone #2

(120

g)

1

large

avocado, peeled and diced

2

lemon cucumber, waffled, use Cone #5

1

jalapeno pepper, seeded and diced (optional)

1

head

romaine lettuce

¹?₂

cup

Monterey jack cheese, grated, use Cone #1

(57

g)

1 - 2

tablespoons

chives, finely sliced

(3 - 6

g)

cilantro leaves, garnish (optional)

Lime Vinaigrette

2

limes, zest, use Cone #1, and juice of the 2 limes

1

tablespoon

sherry vinegar or raspberry vinegar

(15

mL)

2 - 3

tablespoons

cilantro, chopped

(8 - 11

g)

¹?₄

teaspoon

cumin

(1.25

mL)

1

clove

garlic, minced garlic, minced

¹?₂

teaspoon
salt
(3
g)
6
tablespoons
olive oil
(90
mL)

Directions:

1. Place all prepared vegetables up to lettuce in double-sided bowl.
2. Pour desired amount of vinaigrette (to taste) onto vegetables and gently mix.
3. Cut lettuce into 1-2-inch squares and mix with vegetables and mix. Add more vinaigrette if desired.
4. Sprinkle grated cheese and chives over the top of the salad and garnish with cilantro.

Lime Vinaigrette

1. Whisk all Vinaigrette ingredients, except oil, together in small bowl until blended. Then drizzle oil slowly into bowl while whisking all ingredients together until blended.

Tips:

- For a lovely presentation line the double-side bowl with full lettuce leaves before you place the salad in the bowl.
- This salad keeps well in the refrigerator for up to 4 days.
- A tasty twist - spread hummus on a whole wheat tortilla or pita and fill with leftover salad.

Nutritional Information per Serving

Calories:

151

Total Fat:

12g

Saturated Fat:

2g

Cholesterol:

5mg

Sodium:

147mg

Total Carbs:

10g

Dietary Fiber:

5g

Sugar:

3g

Protein:

4g