

Apple Crisp Salad



Prep:

10 mins

Total:

10 mins

Makes:

8 servings

Utensil:

Saladmaster Food Processor

6.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

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Recipe Description:

Whip up this delicious salad in just under 10 minutes with the Saladmaster Food Processor. This is the perfect side to any dish, or just add another protein and make it your main course. With a vinegar based dressing, it's light and fresh without the oil.

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6 cups
mixed salad greens, torn into bite-size pieces (or a bag of salad

greens)

1/4 cup

raw walnuts, chopped, use Cone #3

1/2 red onion, strung, use Cone #2

2 green apples, strung, use Cone #2

3 tbsp

rice vinegar

2 tbsp

orange juice

salt & pepper (optional)

Directions:

1. Combine salad greens, walnuts, onion, and apples in a large bowl. In a small bowl or cup, mix vinegar and juice. Dress the salad just before serving.

Tips:

- add feta cheese and cranberries for added flavor.

Nutritional Information per

▼ Serving

Calories: 64

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 93mg

Total 10g

Carbs:

Dietary Fiber: 2g

Sugar: 7g

Protein: 1g