

Apple, Pear and Cucumber Salad



Makes:

6 servings

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl
small mixing bowl

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Recipe:

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Recipe Description:

This fresh and nutritious salad recipe is a perfect addition to any summer meal.

Watch the recipe video by clicking on the image above and navigating to the second slide.

Dressing

2 tablespoons
olive oil
(30
mL)

Salad

1
small sweet onion, strung, use Cone
#2

Directions:

1. Place all dressing ingredients in a small bowl and whisk together. Set aside.
2. Using the Saladmaster Machine, process all salad ingredients directly into a large bowl.
3. Pour dressing over salad, blend well and serve.

Tips:

- Leave the skins on the fruits and vegetables to maintain the nutrients found in the skins.

Nutritional Information per

▼ Serving

Calories: 122
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 63mg
Total 20g

Carbs:
Dietary Fiber: 4g
Sugar: 13g
Protein: 1g

