

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 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

mustard

(31

g)

2

teaspoons

dried dill (2 g), or 2 tablespoons fresh dill (7 g)

4

tablespoons

apple cider vinegar

(60

mL)

pinch of brown sugar

2

tablespoons
olive oil
(30
mL)

Salad

2

tart apples, processed, use Cone #3

1

pear, processed, use Cone #3

1

cucumber, sliced, use Cone #4

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 Carbs:

20g

Dietary Fiber:

4g

Sugar:

13g

Protein:

1g

