

Broccoli Cauliflower Salad



Prep:

10 minutes

Total:

10 minutes

Makes:

9 servings, approximately 1 cup each

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 delicious salad stays crisp and fresh and can be made ahead of time. Pairs perfectly with almost any dish, especially with barbeque, grilled chicken or pot roast.

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1 large
broccoli with peeled stalk, processed, use Cone #3
½ head
cauliflower, processed, use Cone #3

2 - 3 radishes, sliced, use Cone #4
 1 large
 carrot, strung, use Cone #2
 1 stalk
 celery, strung, use Cone #2
 1 zucchini, waffled, use Cone #5
 ¼ cup
 cheese, shredded, use Cone #2 (optional)
 (57
 g)
 ½ cup
 whole pecans, ground, use Cone #1
 (14
 g)
 ½ cup
 mayonnaise (lite, regular or vegan)
 (120
 g)
 ¼ cup
 agave nectar (or maple syrup)
 (84
 g)

Directions:

1. Add all ingredients to the doubled walled bowl, except mayonnaise and agave nectar.
2. In a small bowl, stir together mayonnaise and agave nectar until well blended.
3. Pour over salad and stir gently.

Nutritional Information per

▼ Serving

Calories: 135
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 4mg
Sodium: 168mg
Total 15g
Carbs:
Dietary Fiber: 4g
Sugar: 8g
Protein: 4g
 Analysis does not include cheese