

Cabbage Slaw



Makes:

5 servings

Utensil:

Saladmaster Food Processor

medium mixing bowl

large mixing bowl

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Recipe:

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Recipe Description:

The Saladmaster Machine brings this nutritious, delicious, quick and easy slaw to your family's table in a flash.

Watch the [recipe video](#) for additional nutrition information regarding the ingredients in this recipe.

Slaw

- 3 cups
- Chinese or Napa cabbage, shredded, use Cone #2
- (100 g)
- 1 cup
- jicama, shredded, use Cone #2
- (120 g)
- ¼ cup
- watercress, chopped
- (10 g)
- 1 navel orange, peeled and separated into sections

Dressing

- ⅓
- cup walnuts, finely chopped, use Cone #1 (5 g)

Directions:

1. In a medium bowl, combine cabbage, jicama, watercress and navel orange sections.
2. In a small bowl, whisk together all dressing ingredients and blend thoroughly.
3. Pour dressing over slaw and mix to combine.
4. Add walnuts to slaw and blend thoroughly. Serve.

Tips:

- Can reduce oil used in dressing if desired.
- Walnuts can be toasted if desired. Toast before chopping.

Nutritional Information per

▼ Serving

Calories: 227

Total Fat: 11g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 47mg

Total 33g

Carbs:

Dietary Fiber: 14g

Sugar: 10g

Protein: 4g