

## Caribbean Confetti Salad



### Prep:

5 mins

### Total:

10 mins

### Makes:

16 servings

### Utensil:

Saladmaster Food Processor

6.5 Qt. Double Walled Bowl

small mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

When people think salads, you don't think of pineapple and mango. Give your salad a burst of color and flavor by incorporating your favorite tropical fruits! Paired with a delicious sweet and tangy dressing, this salad is the perfect combination to any back yard bbq meal or as a standalone snack. Everyone will love it! All you need is your Saladmaster Food Processor, a couple of bowls and you're all set!

½ head  
 green cabbage, processed, use Cone #2  
 ½ head  
 red cabbage, processed, use Cone #2  
 2 garlic cloves, shredded, use Cone #1  
 3 medium  
 carrots, shredded, use Cone #1  
 1 lemon, juiced  
 ½ cup  
 pineapple juice  
 ¼ cup  
 red wine vinegar  
 3 tbsp  
 honey  
 2 tbsp  
 dijon mustard  
 1 jalapeño pepper, seeded and diced  
 2 scallions, chopped, green part only  
 1 tsp  
 white pepper  
 1 tsp  
 salt  
 ¼ cup  
 cilantro  
 1 cup  
 pineapple chunks  
 1 cup  
 mango chunks  
 Garnish: sunflower seeds

#### Directions:

1. In a small bowl, add the lemon juice, red wine vinegar, pineapple juice, honey, dijon mustard, jalapeno, scallions, garlic, white pepper, salt and cilantro and whisk until combined.
2. In a larger bowl, process the cabbage and carrots. Add the mango, pineapple and dressing over the salad and toss to evenly coat.
3. Garnish with sunflower seeds and serve.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 96  
**Total Fat:** 8g  
**Saturated Fat:** 2g  
**Cholesterol:** 5mg  
**Sodium:** 82mg  
**Total** 3g  
**Carbs:**  
**Dietary Fiber:** 1g

**Sugar:** 4g  
**Protein:** 1g

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