

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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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!

¹?₂

head

green cabbage, processed, use Cone #2

¹?₂

head

red cabbage, processed, use Cone #2

2

garlic cloves, shredded, use Cone #1

3

medium

carrots, shredded, use Cone #1

1

lemon, juiced

¹?₂

cup

pineapple juice

¹?₄

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

¹?₄

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 Carbs:

3g

Dietary Fiber:

1g

Sugar:

4g

Protein:

1g