

Confetti Bean Salad



Makes:

6 servings, approximately $\frac{2}{3}$ 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, healthy salad is the perfect accompaniment to any meat dish or as an appetizing lunch. The delightful combination of citrus, meaty beans and toasty nuts blend together with the beautiful crunch cabbage to create a dish as beautiful as it is tasty.

Directions:

1. Place cabbage, white and black beans, oranges, walnuts and scallions into double walled salad bowl.
2. In a small bowl whisk together oil, vinegar and orange juice. Pour over salad mixture and blend thoroughly. Serve.

Tips:

- Leftovers taste great.
- It's important to the taste, as with many recipes, that the walnuts are toasted.
- Makes a great tortilla wrap filling.

Nutritional Information per

▼ Serving

Calories: 245
Total Fat: 7g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 85mg
Total 36g
Carbs:
Dietary Fiber: 9g
Sugar: 7g
Protein: 11g