

Continental Vegetable Salad



Prep:

10 minutes

Total:

20 minutes

Makes:

8 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

small mixing bowl

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Recipe:

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Recipe Description:

Warm salads add personality and variety to your holiday menu during colder seasons. Try pairing this salad with your favorite roast or stew.

Warm Salad

3 medium carrots, sliced, use Cone #4

1 medium yellow squash, sliced, use Cone #4

2 cups

fresh green beans, ends trimmed

(220

g)

2 cups

cauliflower florets

(142

g)

1 red or green bell pepper, seeded, cut into strips

Dressing

$\frac{1}{4}$

cup rice wine (60 ml) $\frac{1}{4}$
vinegar cup olive oil (60 ml) 1

tablespoon lemon juice (15 ml) 1

teaspoon Dijon-style mustard (3 g) $\frac{1}{4}$

teaspoon dried oregano (.5 g) $\frac{1}{4}$

teaspoon dried (.5 g) $\frac{1}{2}$

marjoram clove garlic, minced

Directions:

1. Preheat electric skillet at 350°F/180°C.
2. Rinse green beans and place in skillet. Place cover on skillet.
3. When Vapo-Valve™ clicks, reduce temperature to

180°F/80°C and cook 2 minutes.

4. Add remaining vegetables. Cook until all vegetables are crisp-tender, approximately 15 - 20 minutes depending on desired doneness. Serve hot.

Salad Dressing

1. In a small bowl, whisk together vinegar, oil, lemon juice, mustard, oregano, marjoram and garlic.
2. Pour over cooked vegetables. Serve warm.

Nutritional Information per

▼ Serving

Calories: 96
Total Fat: 7g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 37mg
Total 11g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 2g

Calories: 193
Fat: 14g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 73mg
Carbohydrate: 22g
Fiber: 5g
Sugar: 8g
Protein: 4g
