

Garden Vegetable Egg Salad



Makes:

6 servings

Utensil:

Saladmaster Food Processor

small mixing bowl

medium mixing bowl

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Salad 5/5

Contributed By:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

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Recipe Description:

Hard boiled eggs are a quick start to a simple and satisfying meal. Use the Saladmaster Food Processor to grate cooked eggs and then toss them with seasonal vegetables for a nutritious salad that is lower in fat and delicious. Prepare the hard boiled eggs used in this recipe quick and easy using [this tip](#).

6

hard-boiled eggs, peeled and grated, use Cone #2

4

carrots, trimmed, scrubbed and shredded, use Cone #2

6

radishes, trimmed, scrubbed and shredded, use Cone #2

¹/₄

cup

basil leaves, chopped

(11

g)

2
tablespoons
fresh chives or scallions, minced

2
tablespoons
fresh lemon juice
(30
ml)

2
tablespoons
olive oil
(30
ml)

2
tablespoons
prepared mustard
(20
g)

¹/₂
teaspoon
natural salt
(3
g)
mixed salad greens (optional)
sprouts (optional)
avocado (optional)

Directions:

1. Prepare hard boiled eggs.
2. Using the food processor, grate hard boiled eggs and shred carrots and radishes directly into a mixing bowl.
3. Add chopped basil leaves and chives.
4. In a small bowl, mix together lemon juice, olive oil, mustard and salt.
5. Pour dressing over grated eggs and vegetables. Gently mix together.
6. To serve, place a portion of egg salad on top of your favorite salad greens and garnish with an additional sprinkle of chopped fresh herbs, sprouts or diced avocado.

Nutritional Information per Serving

Calories:

156

Total Fat:

11g

Saturated Fat:

3g

Cholesterol:

212mg

Sodium:

362mg

Total Carbs:

7g

Dietary Fiber:

2g

Sugar:

4g

Protein:

8g

Analysis does not include optional ingredients