

Garden Vegetable Egg Salad



Makes:

6 servings

Utensil:

Saladmaster Food Processor

small mixing bowl

medium mixing bowl

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Recipe:

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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
¼ 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)

½ 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.

<u>Nutritional Information per</u>	
▼ <u>Serving</u>	
Calories:	156
Total Fat:	11g
Saturated Fat:	3g
Cholesterol:	212mg
Sodium:	362mg
Total	7g
Carbs:	
Dietary Fiber:	2g
Sugar:	4g
Protein:	8g
Analysis does not include optional ingredients	