

Rainbow Slaw Salad



Makes:

6 servings, approximately 8 ounces each

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

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Authorized Saladmaster Dealer

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- ¼ wedge of red cabbage
- ¼ wedge of white cabbage
- 1 chioggia beet (white and red striped beet when cut in half)

Directions:

1. Using the Saladmaster® machine, string all vegetables and apple with Cone #2. Place in a large bowl and toss to combine.
2. Squeeze fresh lemon juice over salad.
3. Add remaining dressings. Toss to combine and serve.

Tips:

- The vegetables and dressings in this recipe are found in most health markets.

Nutritional Information per

▼ Serving

Calories: 183
Total Fat: 13g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 349mg
Total 17g

Carbs:
Dietary Fiber: 5g
Sugar: 7g
Protein: 2g
