

Saladmaster Health Salad



Makes:

6 servings

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

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Recipe:

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- 1/4 head
green cabbage, processed, use Cone #3
- 1/4 head
red cabbage, processed, use Cone #3
- 1 zucchini, sliced, use Cone #4
- 3 radishes, sliced, use Cone #4
- 1 carrot, strung, use Cone #2
- 1 yellow summer squash, strung, use Cone #2
- 1 celery stalk, shredded, use Cone #1
- 1/2 ounce
cheddar cheese, fat-free or reduced-fat, shredded, use

Cone #1
(14
g)

Directions:

1. Combine vegetables and cheese in a large bowl. Serve with your choice of salad or cole slaw dressing.

Nutritional Information per

▼ Serving

Calories: 48
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 1mg
Sodium: 58mg
Total 10g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 3g