

Saladmaster Health Salad



Makes:

6 servings

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

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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 Carbs:

10g

Dietary Fiber:

3g

Sugar:

5g

Protein:

3g