

Saladmaster Vegetable Medley



Makes:

6 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

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12

ounces

frozen corn

(340

g)

12

ounces

frozen peas

(340

g)

¹/₄

head

green cabbage, shredded, use Cone #3

3

carrots, sliced, use Cone #5

Directions:

1. Place corn, peas, cabbage and carrots, divided into four sections (one for each vegetable), in skillet.
2. Place skillet on cooking surface and turn temperature to medium heat. When Vapo-Valve? clicks, turn heat down to low and cook for an additional 10 minutes.

— Nutritional Information per Serving —

Calories:

109

Total Fat:

0g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

91mg

Total Carbs:

23g

Dietary Fiber:

5g

Sugar:

7g

Protein:

5g