

Saladmaster Vegetable Medley



Makes:

6 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover

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Recipe:

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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

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 23g

Carbs:

Dietary Fiber: 5g

Sugar: 7g

Protein: 5g