

Shaved Vegetable & Blue Cheese Salad



Sirve:

4 - 6 servings, as a side dish

Pieza:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Agregar un Comentario](#)

Descripción de la Receta:

Shaved vegetables tossed with salty blue cheese and tart apples are a tasty first course salad. With a few turns of the Saladmaster Food Processor, this bright fresh flavored dish comes together quickly.

- 1 Granny Smith or other tart apple, sliced, use Cone #4
- 3 carrots, trimmed, scrubbed and sliced, use Cone #4
- 3 celery stalks, sliced, use Cone #4
- 1 cucumber, trimmed and sliced, use Cone #4
- 3 heads endive, trimmed and sliced, use Cone #4

Dressing

2
tablespoons red wine (30 mL) 2
vinegar 2
tablespoons extra-virgin olive oil (30 ml) 2
teaspoons Dijon mustard (10 g) ½
teaspoons honey or maple (14 g) ¼
syrup
teaspoon natural salt (3 g) fresh ground black pepper, to
taste
cup blue cheese, crumbled (34 g) **Preparación :**

1. Using the Saladmaster Food Processor, process apples, carrots, celery and cucumbers directly into a large mixing bowl.
2. Process endive directly over ingredients and gently toss to combine.
3. In a small mixing bowl, thoroughly combine red wine vinegar, olive oil, Dijon mustard and honey.
4. Pour dressing over vegetables and toss to combine. Add salt and fresh ground pepper.
5. Divide salad into individual serving plates and garnish with crumbled blue cheese.

Consejos:

- This salad tastes best chilled.
- Add in fresh minced herbs, such as cilantro or parsley.
- Garnish salad with toasted, chopped hazelnuts.
- Serve salad topped with grilled shrimp, salmon or tuna as an entrée salad.

Información nutricional por ración

Based on 4 servings

Calorías: 151

Grasa Total: 7g

Grasa 2g

Saturada:

Colesterol: 4mg

Sodio: 383mg

Carbohidratos: 20g

Fibra 10g

Dietética:

Azúcar: 8g

Proteína: 5g