## Garden Vegetable Egg Salad



**Sirve:**

6 servings

**Pieza:**

Saladmaster Food Processor
small mixing bowl
medium mixing bowl
**Valora:** ★★★★☆

**Contribuido por:**

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Certified Health Coach & Natural Foods Chef
Agregar un Comentario

**Descripción de la Receta:**

Hard boiled eggs are a quick start to a simple and satisfying meal. Use the Saladmaster Food Processor to grate cooked eggs and then toss them with seasonal vegetables for a nutritious salad that is lower in fat and delicious. Prepare the hard boiled eggs used in this recipe quick and easy using this tip.

6 hard-boiled eggs, peeled and grated, use Cone #2
4 carrots, trimmed, scrubbed and shredded, use Cone #2
6 radishes, trimmed, scrubbed and shredded, use Cone #2
¼ cup basil leaves, chopped (11 g)
2 tablespoons fresh chives or scallions, minced
2 tablespoons fresh lemon juice (30 ml)
2 tablespoons olive oil (30 ml)
2 tablespoons prepared mustard (20 g)
½ teaspoon natural salt (3 g)
mixed salad greens (optional)
sprouts (optional)
avocado (optional)

**Preparación :**

1. Prepare hard boiled eggs.
2. Using the food processor, grate hard boiled eggs and shred carrots and radishes directly into a mixing bowl.
3. Add chopped basil leaves and chives.
4. In a small bowl, mix together lemon juice, olive oil, mustard and salt.
5. Pour dressing over grated eggs and vegetables. Gently mix together.
6. To serve, place a portion of egg salad on top of your favorite salad greens and garnish with an additional sprinkle of chopped fresh herbs, sprouts or diced avocado.

Información nutricional por ración

**Calorías:** 156
**Grasa Total:** 11g
**Grasa Saturada:** 3g
**Colesterol:** 212mg
**Sodio:** 362mg
**Carbohidratos:** 7g
**Fibra Dietética:** 2g
**Azúcar:** 4g
**Proteína:** 8g
Analysis does not include optional ingredients