

Cabbage, Summer Squash & Black Bean Slaw



Sirve:

10 - 12 servings as a side dish

Pieza:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

This easy to make salad is a nice addition to any barbecue or gathering. Serve this as a vegan or vegetarian main dish or pair it with grilled tofu, tempeh, fish, chicken or burgers.

½ small head
green or red cabbage, sliced, use Cone #4
1 medium
zucchini (¾ pound), trimmed and scrubbed, use Cone #2
1 medium
yellow summer squash (¾ pound), trimmed and scrubbed, use
Cone #2
2 cups
cherry tomatoes or small heirloom tomatoes, cut in half
(298
g)
4 scallions, white and green part, trimmed and minced
15 ounces
black beans, drained and rinsed
(425
g)
1 tablespoon
minced jalapeño
(15
g)
¼ cup
fresh parsley or cilantro leaves, chopped
(15
g)
4 tablespoons
olive oil
(60
ml)
4 tablespoons
apple cider vinegar
(60

ml)
1 teaspoon
sea salt
(6
g)
1 teaspoon
cumin powder
(3
g)

Preparación :

1. Using the food processor, process cabbage, zucchini and yellow squash directly into a large mixing bowl.
2. Add tomatoes, scallions, black beans, jalapeños and herbs. Stir to combine.
3. Just before serving, add olive oil, vinegar, salt and cumin. Stir to combine.
4. Taste and add any additional seasonings as desired.

Consejos:

- Substitute red onions for minced scallions.
- Top salad with shredded sharp cheddar cheese.
- Refrigerate salad until ready to serve. Adding the dressing right before serving will maintain a nice crisp and crunchy texture.

Información nutricional por ración

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Calorías: 128
Grasa Total: 6g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 202mg
Carbohidratos: 15g
Fibra 5g
Dietética:
Azúcar: 2g
Proteína: 5g