

Continental Vegetable Salad



Prep:

10 minutes

Total:

20 minutes

Sirve:

8 servings

Pieza:

Saladmaster Food Processor
12" Electric Oil Core Skillet
small mixing bowl

Valora: ★★☆☆☆

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Descripción de la Receta:

Warm salads add personality and variety to your holiday menu during colder seasons. Try pairing this salad with your favorite roast or stew.

Warm Salad

- 3 medium carrots, sliced, use Cone #4
- 1 medium yellow squash, sliced, use Cone #4
- 2 cups
- fresh green beans, ends trimmed
- (220 g)
- 2 cups
- cauliflower florets
- (142 g)
- 1 red or green bell pepper, seeded, cut into strips

Dressing

- $\frac{1}{4}$ cup rice wine (60 ml) $\frac{1}{4}$ cup olive oil (60 ml) 1
- vinegar
- tablespoon lemon juice (15 ml) 1
- teaspoon Dijon-style mustard (3 g) $\frac{1}{4}$
- teaspoon dried oregano (.5 g) $\frac{1}{4}$
- teaspoon dried marjoram (.5 g) $\frac{1}{2}$
- clove garlic, minced

Preparación :

1. Preheat electric skillet at 350°F/180°C.
2. Rinse green beans and place in skillet. Place cover on skillet.
3. When Vapo-Valve™ clicks, reduce temperature to 180°F/80°C and cook 2 minutes.

4. Add remaining vegetables. Cook until all vegetables are crisp-tender, approximately 15 - 20 minutes depending on desired doneness. Serve hot.

Salad Dressing

1. In a small bowl, whisk together vinegar, oil, lemon juice, mustard, oregano, marjoram and garlic.
2. Pour over cooked vegetables. Serve warm.

Información nutricional por ración

Calorías: 96
Grasa Total: 7g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 37mg
Carbohidratos: 11g
Fibra 3g
Dietética:
Azúcar: 4g
Proteína: 2g

Calorías: 193
Grasa: 14g
Grasa 2g
Saturada:
Colesterol: 0mg
Sodio: 73mg
Carbohidrato: 22g
Fibra: 5g
Azúcar: 8g
Proteína: 4g