

Super Greens Salad with Strawberry and Mango

**Prep:**

5 mins

Total:

10 mins

Sirve:

4 servings

Pieza:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

Valora: ★☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Fruit in a salad? Absolutely! Add some variety into your salad game by adding some surprising ingredients to give it a punch of flavor. You can substitute the fruit by finding out what is in season in your area. Want to have your own Saladmaster Food Processor? Click here - <http://bit.ly/2M2rm8v> to locate a Dealer near you to find out how you can get one!

10 oz
super greens salad mix (baby chard, baby kale and baby spinach)
1 champagne mango, shredded, use Cone #2
16 oz
strawberries, sliced, use Cone #4

½ red onion, sliced, use Cone #3

¼ cup

walnuts, ground, use Cone #1

¼ cup

pumpkin seeds

¼ cup

crumbled feta cheese

2 tbsp

honey

1 lemon, juiced

1. Place mixed greens in large salad bowl. Position bowl under Food Processor.
2. Remove the food guide from unit. Shred mango directly into bowl over top of greens.
3. Place food guide back on unit. Add a handful of strawberries into the hopper and slice by pressing down on the food guide. Repeat until all strawberries are sliced.
4. Process onion directly into bowl.
5. Grind walnuts directly into bowl.
6. Sprinkle pumpkin seeds and feta cheese over top.
7. In a small mixing bowl, combine honey and lemon juice.
8. Pour dressing over top of salad and toss to combine.

Consejos:

- If strawberries are too soft and juicy, put in the freezer for approximately 20 minutes prior to using to make them easier to slice. Do not completely freeze – leave in freezer long enough to harden a bit.
- Substitute salad mix with your favorite greens.
- Substitute walnuts for your favorite nut of choice.
- Toast pumpkin seeds prior to using in salad for added flavor.

Información nutricional por ración

Calorías: 247

Grasa Total: 12g

Grasa 3g

Saturada:

Colesterol: 8mg

Sodio: 172mg

Carbohidratos: 34g

Fibra 6g

Dietética:

Azúcar: 23g

Proteína: 9g