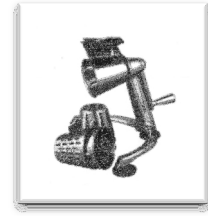


Our Demonstration Salad

Using Food-Chopper, Blade 1, 2, 4 & 5



Ingredients

- 1 Carrot, blade #4
- 1 Zucchini, blade #5
- 1 Yellow Squash, blade #5
- 1 Cucumber, blade #5
- 1 Celery Stalk, blade #2
- ¼ wedge of Red and Green Cabbage, blade #2
- ¼ wedge white onion, blade #2
- 1 – 2" slice Butternut Squash, blade #1

Directions:

Prepare veggies with food chopper, using suggested blades. Toss veggies together thoroughly in a bowl. Add your favorite dressing and toss until veggies are sufficiently coated to how you like. You don't want it to be too "soggy". Or serve with dressing variety for each person's individual taste. Serves 8.

Note:

- For a little ~crunchy~, top with craisans, sunflower nuts, pistachios, etc.
- I like to just open the fridge sometimes and make what I call "Refrigerator Salad" ... using the base salad of carrots, red and green cabbage, add whatever veggies you might have in your fridge. In most cases, you can't go wrong! 😊
- You can keep the base-salad of carrots, red and green cabbage, in a zip-lock in the fridge for up to a couple weeks. Add dressing and soft-vegies to it for individual meals.

- **I will add picture during 2020 Fair Season!**