



ASIAN EDAMAME SALAD

SERVES 6, VEGETARIAN

Ingredients

3 CUPS EDAMAME BEANS
1 RED BELL PEPPER, DICED
1 ORANGE BELL PEPPER, DICED
1 CUP SHREDDED CARROTS
1/2 RED CABBAGE, SHREDDED
1/3 CUP REDUCED SODIUM SOY SAUCE
1 TEASPOON GINGER
3 GARLIC CLOVES, MINCED
1/2 CUP FRESH CILANTRO, CHOPPED
1/4 CUP SLICED ALMONDS, TOASTED
AVOCADO, DICED

Method

COMBINE EDAMAME, PEPPERS, CARROTS, CABBAGE, AND 1/4 CUP CILANTRO IN LARGE BOWL.
TO MAKE YOUR DRESSING COMBINE SOY SAUCE, GINGER, CLOVES AND GARLIC IN A SMALL BOWL. ADD DRESSING MIXTURE TO EDAMAME SALAD AND COMBINE UNTIL SALAD IS FULLY COATED.
GARNISH WITH 1/4 CUP CILANTRO.
SPRINKLE TOASTED ALMONDS AND AVOCADO ON TOP.

