



Edamame Salad

Thanks to the rise in popularity of Sushi, fresh soy beans-edamame-are now sold in most markets. These delicious and nutritious beans are excellent eaten alone or here in this satisfying, high protein, fall inspired salad.

INGREDIENTS:

12 oz. (one bag) frozen shelled soybeans (edamame)
4 cups organic mixed salad greens
1 cup shredded kale or cabbage
1 large crispy apple, cored and thinly sliced
¼ cup dried cranberries (or other dried fruit)
3 Tbsp low-sodium soy sauce
2 Tbsp fresh lemon or lime juice
1 Tbsp extra virgin olive oil

PREPARATION:

- Heat a quart of water with 1 teaspoon salt to boiling and add soy beans
- Cook 5 minutes, drain and cool
- In a large bowl, combine greens and fruit
- Mix together soy sauce, lemon juice and oil
- Combine all ingredients and gently toss

Number of Servings: 6
Calories: 148
Fat Grams: 6.6

