

## RECIPE

# Edamame Salad with Peanut Dressing

🕒 10 minutes / 1 serving

**CRUNCHY, COLORFUL,** and tossed in a delicious Thai-inspired peanut dressing, this plant-based salad is sneakily protein packed thanks to edamame. Enjoy it at home, or make a bigger batch to bring to your next get-together—it's a real crowd pleaser!

## INGREDIENTS

- 1 tbsp peanut butter
- 1 tsp rice vinegar
- ½ tsp soy sauce
- ½ tsp grated peeled fresh ginger
- salt and pepper to taste
- 2 cups finely shredded cabbage
- 1 carrot, shredded
- 1 cup shelled edamame
- 1 tsp toasted sesame seeds



## INSTRUCTIONS

- 1 **WHISK** peanut butter, vinegar, soy sauce, and ginger in a medium bowl; thin with a splash of water if too thick.
- 2 **SEASON** with salt and pepper.
- 3 **MIX** in cabbage, carrot, and edamame. Top with sesame seeds.

## NUTRITIONAL INFO PER SERVING

CALORIES

372

PROTEIN

26 g

FIBER

15 g

CALCIUM

170 mg