



Edamame Salad

Ingredients:

1 1/2 cup edamame, shelled

1 can sweet corn, drained

1 small head of cabbage, green or red

1 red bell pepper, sliced

1 cucumber, sliced

½ avocado, sliced (optional)

Dressing: 1 tsp sesame oil, 2 TBSP olive oil, 4 TBSP apple cider vinegar, 1 tbsp orange juice, salt and pepper to taste

Directions:

1. Drain one can of sweet corn; Wash and cut vegetables
2. Defrost edamame in microwave if using frozen
3. In a large bowl, combine dressing ingredients and whisk together
4. Add the other ingredients to the same bowl and toss
5. Enjoy! Store leftovers in the fridge for up to 5 days

Cookware needed:

Cutting board

Large bowl

Small whisk

Cost: \$ \$

Ease: 

Health Benefit: Edamame is a great source of plant-based complete protein to support growth and muscle maintenance. Avocado and olive oil contain healthy fats for heart health. Bell pepper and cabbage contain antioxidants to prevent chronic illness.