

CRUNCHY EDAMAME SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 120

Total Carbohydrate: 11 g

Total Fat: 7 g

Dietary Fiber: 6 g

Saturated Fat: 1 g

Protein: 7 g

Sodium: 97 mg



Ingredients

- 2 cups red cabbage, shredded
- 2 cups fully cooked, frozen, shelled edamame (green soybeans), thawed
- ½ cup carrots, grated
- 1 Tablespoon fresh cilantro, chopped
- ½ cup green onions, chopped
- 1 cup bell pepper (yellow), chopped
- ¼ cup pistachios, chopped
- 2 Tablespoons sesame seeds (can be toasted to bring out the flavor)
- 3 Tablespoons red wine vinegar
- 1 Tablespoons San-J® gluten free or LaChoy® low sodium soy sauce
- 2 teaspoons sesame oil
- 2 teaspoons honey
- ¼ teaspoon pepper
- 1 teaspoon Splenda®
- Poppy seeds, to garnish



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Directions

1. In a medium bowl, add first eight ingredients.
2. Whisk remaining six ingredients together in a small bowl. Pour over salad and toss to coat.
3. Refrigerate for a couple hours before serving.
4. Sprinkle with poppy seeds as a garnish if desired.