



Japanese Edamame Salad

8 Servings • 1 Serving = ½ Cup

Recipe from *Connie Guttersen, RD, PhD*

INGREDIENTS

- 2 Tablespoons sesame oil
- 2 Tablespoons soy sauce or tamari
- 1 Tablespoon rice wine vinegar
- 2 cloves garlic, minced (or 1 teaspoon garlic powder)
- ½ teaspoon ginger, grated (or ¼ teaspoon ground ginger)
- Salt and freshly ground black pepper, to taste
- 1 (12 ounce) package shelled edamame
- 1 (8 ounce) can water chestnuts, drained and sliced into thin strips
- 1 cup carrots, shredded
- 1 cup radishes, halved and thinly sliced
- 1 cup cucumber, sliced
- 2 green onions, cut thinly on a diagonal
- ¼ cup cilantro, chopped
- ¼ cup toasted sesame seeds
- Optional: Thai basil, lime wedges, Wakame seaweed

DIRECTIONS

1. In a small bowl, combine sesame oil, soy sauce or tamari, vinegar, garlic, and ginger. Whisk well. Season with salt and pepper.
2. In a large bowl, combine edamame, water chestnuts, carrots, radishes, cucumber, green onions, and cilantro. Toss with dressing until evenly coated.
3. Sprinkle with sesame seeds and garnish with basil, lime, and/or seaweed.
4. Serve cold or at room temperature.

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 2mg	10%
Potassium 342mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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