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.