

Zesty Cucumber & Avocado Salad



This crisp salad is the perfect addition to your summer meals and packs a nutritious punch with plenty of plant-powered protein and filling fiber.

YIELD 7 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For the Salad:

¾ cup	Edamame, shelled, frozen
1 each	Cucumber, small dice
1 each	Avocado, medium dice
1 pint	Cherry tomatoes, halved
½ bunch	Radish, small dice (about 8 each)
¼ each	Red Onion, small dice
½ each	Jalapeno, seeds and ribs removed, minced
¼ cup	Pumpkin Seeds, toasted

For the Vinaigrette:

¼ cup	Extra Virgin Olive Oil
1 each	Lime, zested and juiced
1 Tbsp	Apple Cider Vinegar
1 Tbsp	Dijon mustard
2 tsp	Honey
1 clove	Garlic, finely minced or grated
2 Tbsp	Cilantro, finely chopped
¼ tsp	Kosher Salt
To Taste	Black Pepper, ground

CHEF'S NOTES

This crunchy salad will be best when eaten within a day or two of making it. If you need to serve it later, hold off on adding the dressing and avocado as they will cause the crunchy vegetables to soften the longer it sits.

This salad is a great way to use up vegetables from the farmer's market. Swap in your favorite summer varieties such as corn, zucchini, and peppers.

Feel free to customize the dressing to suit your tastes and what you have on hand. Lemon and basil would also be a delicious, zippy combination!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add the edamame to a microwave safe bowl and heat until lightly steamed in the microwave, about 2 – 3 minutes.
3. Add the steamed edamame along with all the remaining salad ingredients to a large mixing bowl and stir to combine.
4. In a small container with a lid (such as a jar), combine all the vinaigrette ingredients. Shake well to combine. Pour the dressing over the salad and toss until evenly combined. Transfer to the refrigerator for at least 15 minutes to allow the dressing to marinate the vegetables before serving.

Nutrition Facts

7 servings per container

Serving size 1 cup (197g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 21g 27%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 5g Added Sugars 10%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 320mg 6%

* The % Daily Value (DV) 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.

