

# 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.*

<b>YIELD</b> <b>7 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## 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. To toast the pumpkin seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 3-4 minutes. Pay close attention as they can go from golden brown to burnt very quickly.
3. Add the edamame to a microwave safe bowl and heat until lightly steamed in the microwave, about 2 – 3 minutes.
4. Add the steamed edamame along with all the remaining salad ingredients to a large mixing bowl and stir to combine.

5. 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.

<b>Nutrition Facts</b>	
7 servings per container	
<b>Serving size</b>	<b>1 cup (197g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 320mg	6%
<small>* 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.</small>	

CONTAINS: SOY

