



NUTRITION CONSULTING INC.

Rainbow Edamame Salad with Asian Vinaigrette

This colorful versatile salad packs delicious Asian flavour. Make it on the weekend and repurpose throughout the week.

Makes 8 servings

What you need:

Rainbow Edamame Salad Ingredients:

Combine all ingredients into a large bowl:

- 2 packages frozen edamame beans, shelled (1.75 cups each = 3.5 cups)
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1 cup fresh or frozen corn
- 3 green onions, chopped
- 1 can (225 ml) sliced water chestnuts

Asian Vinaigrette Ingredients:

Mix the following Ingredients in jar:

- 3 tbsp sesame oil
- 1 tbsp canola oil
- 3 tbsp rice vinegar
- 3 tbsp soy sauce (gluten-free if necessary)
- 3 tbsp honey
- Juice of ½ lemon
- 1-2 garlic cloves
- 1 inch chunk of fresh ginger

How you prepare:

Pour the dressing over the Edamame salad and enjoy!

Per serving:

- Calories: 207
- Carbohydrates: 21.9g
- Protein: 8.8g
- Fat: 10.5g
- Fibre: 4.7g



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Why this is a great recipe:

- This colorful versatile salad packs delicious Asian flavour. Make it on the weekend and repurpose throughout the week by serving it:
 - over a bowl of rice or barley for an easy rice bowl
 - enjoy in a rice wrap or a Tortilla wrap
 - over a bed of spinach for a quick salad
 - with baked scoops as a fresh salsa
 - on its own as a quick salad
- Edamame beans provide high quality source of vegetable protein
- The vinaigrette can be repurposed over noodles or other grains, or another salad

Thanks to Kristyn Hall MSc, RD, Food, Nutrition & Culinary Coach www.NutritionAndCulinarySolutions.ca for this delicious recipe. (Recipe adapted from a recipe in Rose Reisman's "The Complete Light Kitchen" cookbook).

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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