

# Edamame Cucumber Salad with Ginger Soynut Vinaigrette

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## NUTRITION FACTS

**Serving Size:**

Serves 4

**Per Serving:**

Calories: 169    Carbohydrates: 18g

Fat: 7g    Protein: 12g

## INGREDIENTS

### Salad

- 2 cups shelled frozen edamame, defrosted
- 1 English cucumber, thinly diced
- 3 green onions, chopped

### Edamame Cucumber Salad Dressing

- 1 tablespoon soynut butter
  - 1 tablespoon soybean (vegetable) oil
  - 1 ½ tablespoon rice wine vinegar
  - 1 ½ tablespoon low-sodium soy sauce (or tamari for gluten-free)
  - 1 teaspoon sriracha (adjust to taste)
  - 1 tablespoon maple syrup
  - ½ teaspoon ground ginger
  - ½ teaspoon garlic powder
- Optional:
- Water to thin
  - Sesame seeds

## DIRECTIONS

### 1. Prepare the Salad:

- Many edamame options come pre-cooked, so you can simply rinse them under cold water to defrost, or cook them according to package instructions if needed. Once ready, drain well.
- In a large mixing bowl, combine the edamame, cucumbers, and green onions.

### 2. Make the Dressing:

- In a small bowl, whisk together the soynut butter, soybean oil, rice wine vinegar, soy sauce, sriracha, maple syrup, ginger, and garlic powder until smooth. Option to add a little water to the mason jar to help get the remaining dressing off the side

### 3. Combine:

- Pour the dressing over the salad ingredients and toss until everything is evenly coated.

### 4. Serve:

- Sprinkle with sesame seeds and serve or refrigerate for 20 minutes to let the flavors meld.