EDAMAME SALAD

A quick and easy way to enjoy edamame with a rice vinegar dressing flavored with ginger.

DRESSING:
1/4 cup Rice vinegar, plain
1 tablespoon Sugar
2 teaspoons Sesame oil
1 tablespoon Ginger, grated

SALAD:
1 12-oz package Soybeans (edamame), frozen, shelled, thawed
3/4 cup Carrots, grated
sprinkle Sesame seeds, toasted

DIRECTIONS:
1. Lightly steam or parboil the edamame peas.
2. In a bowl, mix dressing ingredients together. TIP: use a spoon to scrape off the skin of the ginger – works great!
3. Add soybeans and grated carrot. Mix well
4. Sprinkle with toasted sesame seeds.

City College of San Francisco, Consumer Education Department
Instructor: Lisa Yamashiro, R.D., April 2003