

## Edamame Salad

Edamame or fresh soybeans are packed with low-fat protein and vitamins. This salad is especially good during warm weather or served alongside a flaky piece of white fish. You can find frozen edamame in the freezer aisle in organic and health food stores. Visit [edamame.com](http://edamame.com) to learn more about the incredibly nutritional soybean.

*Serves 4*

### Ingredients

2 cups of frozen, whole edamame without the pods  
1 1/2 teaspoons sea salt  
2 teaspoons sesame oil  
1 tablespoon low sodium soy sauce  
1 teaspoon white rice vinegar  
1 teaspoon mirin  
1 tablespoon black or white sesame seeds  
1/2 cup fresh snow peas, minced  
1/4 cup green onions, minced  
1/4 cup cucumber, peeled and cut into small matchsticks

### Directions

Place edamame in a large colander and sprinkle with the salt. In a large bowl prepare the dressing by whisking the sesame oil, soy sauce, vinegar and mirin.

Rinse the edamame under hot running water, until they are no longer frozen (about 1-2 minutes). Shake off the excess water and add to the bowl with the dressing. Stir in the sesame seeds, snow peas, green onions, and cucumbers. Serve immediately.

### Make It A Meal

Chicken and Vegetable Stir-fry, Teriyaki Chicken Salad, Broccoli with Garlic Sauce

### Wine Pairing

Riesling, Sauvignon Blanc, Beaujolais