

Asparagus-Edamame Salad

Edamame are Japanese green soybeans. They are high in fibre, with a creamy, pleasant texture.

Ingredients:

- 1 lb. medium asparagus
- 2 cups frozen edamame, (certified organic)
- 2 tbsp. olive oil
- ¼ lb. arugula (or any mixture of baby greens you like)
- ¼ cup crumbled feta cheese, rinsed
- 2 tsp. balsamic vinegar

Sea salt and pepper to taste

Preparation:

1. Boil water and add frozen edamame. Cook for about 5 minutes, or until a few beans have begun to 'pop' out of their coats. Do not overcook. Drain and rinse with cold water. Remove from shells, discarding shells (they are inedible).
2. Cut asparagus stalks into ½ inch diagonal slices, separating tips. Put stalks into mixing bowl. Blanche tips in 3 quart of boiling water for 1-2 minutes only.
2. Remove asparagus tips from water and toss with cooked edamame, reserved stalks, 1 tbsp. olive oil, and salt and pepper to taste.
3. Pile arugula (or other mixed greens) in a salad bowl and toss with remaining olive oil.
4. Top with asparagus and edamame, and sprinkle with shredded Parmesan/crumbled goat feta.
5. Drizzle with balsamic vinegar.
6. Serve and enjoy!

*Note: 2 servings is a meal.

From the recipe library of Andrea Bartels, NNCP, RNT Registered Nutritional Therapist

