

# Crunchy Edamame Salad

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Serves 4

## Salad:

- 1 10-ounce bag frozen, shelled edamame
- 1 English cucumber
- 2 Heaping cups snap peas, strings and stems removed
- 1 scallion

## Dressing:

- ¼ Cup rice vinegar
- 2 Tablespoons sugar
- 1 Tablespoon soy sauce
- 1 Tablespoon toasted sesame seeds



## Directions:

1. Defrost edamame by running it under cool water.
2. Whisk together ingredients for the dressing.
3. Thinly slice the cucumber, snap peas, and scallions. Add to large mixing bowl.
4. Add in edamame, dressing and pinch of salt.
5. Toss together until combined!

## Nutrition Information per serving (1/4 recipe):

Calories: 177, Total Fat: 6g, Saturated Fat: 1g, Unsaturated Fat: 5g, Cholesterol: 0mg, Sodium: 261mg  
Carbohydrate 22 g, Fiber: 6g, Sugar: 11g, Added sugar: 6g, Protein: 12g

**SOURCE:** <https://cravingcalifornia.com/easy-edamame-salad/#recipe>

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