

ASIAN EDAMAME & MIXED GREEN PASTA SALAD

DRESSING INGREDIENTS

- 1/4 C Sugar substitute
- 1/4 C Vinegar (rice wine)
- 1 t Sesame oil
- 1 T Extra virgin olive oil
- 1/4 t Black pepper
- 1/2 t Tamari sauce (low sodium)



SALAD INGREDIENTS

- 2 C Mixed greens (shredded)
- 1 C Romaine lettuce (shredded)
- 2 C Pasta (angel hair or linguini) (drained) (cooled)
- 3/4 C Edamame (shelled)
- 3 stalks Celery (sliced) (chopped)
- 4 Scallions (green onions) (thinly sliced)
- 1 Pepper (red) (seeded) (cut into thin strips)
- 1 can Corn (baby) (drained)
- 1/2 C Peanuts (unsalted) (roasted) (chopped) **OR** if allergic to nuts use Sunflower kernels

DIRECTIONS

- 1 In a small bowl combine the dressing ingredients & whisk to combine well
- 2 In a salad bowl combine the cooked noodles, edamame, celery, baby corn, green onion & red pepper with 1/2 the dressing
- 3 Make sure the dressing covers the pasta as well as the salad ingredients
- 4 Add the mixed greens, romaine & remaining dressing
- 5 Toss the mix to make sure the dressing is thoroughly spread over the salad ingredients & pasta
- 6 Garnish with peanuts before serving

NOTES

- 1 Serves 4 - 6
- 2 You can add grilled chicken to this but you will need to double the dressing recipe



Sunflower Kernels

