

Edamame Salad

INGREDIENTS

- 1 1/2 cups cauliflower rice, cooked
- 1 pound shelled edamame, cooked
- 1 1/2 cup shredded red cabbage
- 2 cups finely chopped kale
- 1 large carrots, grated
- 3 scallions, finely chopped
- 1/2 cup chopped cilantro
- 1/2 cup pepitas or sunflower seeds

DIRECTIONS

1. Allow the cooked rice and edamame to cool for 10 minutes before using in the salad.
2. In a large bowl, combine all of the salad ingredients, except the pepitas. Mix well.
3. Pour the prepared dressing over the salad and stir to coat. Sprinkle with seeds before serving.

Edamame Salad Dressing

INGREDIENTS

- 3 tablespoons nut butter or sunbutter
- 2 tablespoons rice vinegar
- 2 tablespoons honey
- 1 tablespoon toasted sesame oil
- 2 tablespoons soy sauce
- 1 clove garlic, pressed
- 2 teaspoons sriracha
- 2-4 tablespoons water

DIRECTIONS

1. In a medium bowl, whisk together all of the dressing ingredients, except the water.
2. If dressing is too thick, add 1 tablespoon of water at a time until dressing is a good consistency to easily coat the salad.

