Strawberries, White Bean, and Edamame Salad

A light and savory salad that is packed with nutrients!

Makes: 4 servings Servings: 1 1/2 cups

Source: http://www.whatscooking.fns.usda.gov

Ingredients for the Vinaigrette

- 1 1/2 cups strawberries
- 1 1/2 tablespoons extra virgin olive oil
- · 2 tablespoons balsamic vinegar
- 1/4 cup apple juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Ingredients for the Salad

- 1 1/2 cups shelled edamame
- 1 can low sodium white beans (drained and rinsed; 15 oz can)
- 1/2 cup red onion (chopped)
- 2 tablespoons chopped fresh basil
- 1/2 cup crumbled feta cheese
- · 6 cups baby spinach

Directions

- Cook edamame according to package directions, while preparing remaining ingredients.
- 2. Rinse under cool water and drain.
- In a small bowl, whisk vinaigrette ingredients.
- 4. In a medium bowl, toss all ingredients except spinach and vinaigrette.
- Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach.
- 6. Drizzle with dressing.



Small Changes, BIG Difference!







Nutrition Information

Serving Size: 1 1/2 cup

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Nutrients	Amount
Calories:	270
Total Fat:	<u>10 g</u>
Saturated Fat:	<u>2 g</u>
Cholesterol:	10 mg
Sodium:	0 mg
Total Carbohydrates:	<u>30 g</u>
Dietary Fiber:	<u>10 g</u>
Total Sugars:	<u>8 g</u>
Added Sugars:	<u>0 g</u>
Protein	14 g

Utensils Needed

- Knife
- Cutting Mat
- Colander
- Skillet
- Medium Bowl
- Small Bowl



SHOPPING LIST

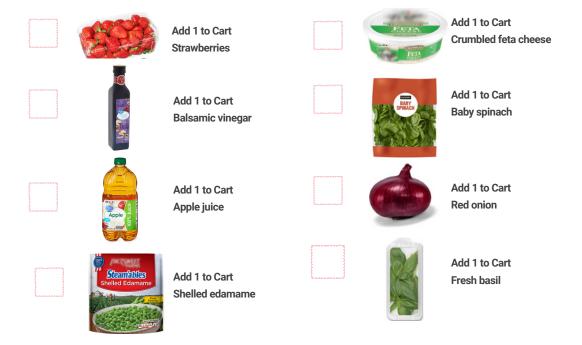
SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$15.03 Average cost/serving: \$3.75

Recipe makes: 4 cups

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



SAVE TIME, SAVE MONEY

- For best flavor and texture, plan to eat or freeze strawberries very soon after picking.
- To store for 1 to 3 days, refrigerate without washing or removing the green cap. Keeping the berries dry helps delay spoilage.
- Wash strawberries under cool running water just before serving. Drain. Remove caps by twisting or cutting them off.
- For longer storage, freeze cleaned, whole berries on a baking sheet. When firm, transfer to a freezer bag or container. Label and date. Use within a year for best quality.

My Cooking Notes

