

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>



Small Changes,
BIG Difference!

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

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



Nutrition Information

Serving Size: 1 1/2 cup

Nutrients	Amount
Calories:	270
Total Fat:	10 g
Saturated Fat:	2 g
Cholesterol:	10 mg
Sodium:	0 mg
Total Carbohydrates:	30 g
Dietary Fiber:	10 g
Total Sugars:	8 g
Added Sugars:	0 g
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



Add 1 to Cart
Strawberries



Add 1 to Cart
Crumbled feta cheese



Add 1 to Cart
Balsamic vinegar



Add 1 to Cart
Baby spinach



Add 1 to Cart
Apple juice



Add 1 to Cart
Red onion



Add 1 to Cart
Shelled edamame



Add 1 to Cart
Fresh basil

SAVE TIME, SAVE MONEY

My Cooking Notes

- 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.