

Edamame, Cannellini, and Pepper Salad

Makes 8 Servings – Serving Size: ½ cup

Ingredients:

2 tablespoons	Extra virgin olive oil
½ teaspoon	Fresh garlic, chopped
1 tablespoon	Raisin reduction (see recipe)
½ teaspoon	Mustard, dry
½ teaspoon	Salt
⅛ teaspoon	Black pepper, coarse ground
⅛ teaspoon	Paprika, ground
1 tablespoon	Parsley, fresh, chopped
1 tablespoon	Basil, fresh, chopped
¼ cup	Red wine vinegar
1 ½ cups	Edamame, frozen, shelled, cooked as directed
1 ½ cups	Cannellini beans, canned, rinsed, drained (15 oz. can)
½ cup	Celery, small diced
¼ cup	Red onion, small diced
¼ cup	Green pepper, seeded and small diced
¼ cup	Red pepper, seeded and small diced
¼ cup	Yellow pepper, seeded and small diced

Procedure:

Combine the olive oil, garlic, raisin reduction, dry mustard, salt, black pepper, paprika, parsley, and basil in a bowl and whisk until blended. Slowly pour the red wine vinegar into the mixture while whisking to incorporate. Add the cooked edamame, cannellini beans, celery, red onion, green, red, and yellow peppers. Mix well and serve, or cover and refrigerate.

Nutritional Information per Serving:

Calories: 90	Sodium: 140mg	Sugars: 2g	Cholesterol: 0mg
Saturated Fat: 0g	Fiber: 4g	Protein: 5g	Carbohydrate: 11.5g

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Chef Notes:

- This recipe embodies the principle of blending “dense” healthy ingredients such as legumes, with “moist” healthy ingredients like celery to create a palatable outcome.
- This recipe also illustrates how to make a great tasting vinaigrette using a low fat ratio of oil to vinegar (1 to 2).

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Mis en place

Add the first 9 ingredients to the bowl and whisk together



Slowly pour in the red wine vinegar while whisking to create an emulsion



Combine the edamame, cannellini beans, celery, red onion, and peppers with the dressing and mix well. Enjoy!

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