



Kale Edamame Sunshine Salad

Asian flavored salad is packed with nutrition in every bite

3 Tablespoons tahini or nut butter
1 Tablespoon reduced sodium soy sauce
1 to 1-1/2 teaspoons finely grated fresh ginger
1/8 teaspoon ground black or red pepper to taste
5 to 6 cups chopped fresh kale leaves, stems removed
1/3 cup chopped red onion
1 (15 oz.) can mandarin oranges, drained
2/3 cup shelled edamame beans
Garnish: Sesame seeds as desired

- In a small bowl, combine tahini, soy sauce, ginger, and black pepper; mix until smooth and creamy.
- Place the kale in a large bowl, drizzle 2 Tablespoons tahini dressing over the kale. With your hands, massage dressing into kale for about 1 minute or lightly wilted.
- Add the edamame beans and the remaining dressing; mix to combine.
- Carefully add the drained mandarin oranges into the salad.
- Before serving, sprinkle with sesame seeds.

Yield: Serves 4 large salads

Recipe Inspiration from: Will Bulsiewicz, MD MSCI, author of “The Fiber Fueled Cookbook”

About the Recipe: This Asian inspired kale salad is a healthy addition to your diet because it contains many vitamins, minerals, and antioxidants. In fact, it is one of the most nutritious leafy greens you can buy. Mixing in some edamame beans, adds some high protein, fiber, nutrients, and antioxidants. It is a tasty salad to pair with your salmon dinner.