

Broccoli Almond Salad

Swick

Makes 2 salads | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Nutrition: Calories 453; Fat 28g ; Carbs 34g; Fiber 14g; Sugar 11g; Protein 26g; Cholesterol 0mg; Sodium 307mg; Vitamin A 1198IU; Vitamin C 132mg; Calcium 260mg; Iron 5mg

Step 1: Method

- 3 cups Broccoli, chopped into small florets (213 grams)
 - 1 1/2 cup Edamame, shelled and cooked (232 grams)
 - 1/2 cup Red Onion, Diced (26 grams)
 - 1/4 cup Almonds, chopped (40 grams)
 - 2 tbsp Almond Butter (30 grams)
 - 1 1/2 tsp Rice Vinegar (7 mL)
 - 1 1/2 tsp Tamari, or Coconut Aminos (7 mL)
 - 1 1/2 tsp Maple Syrup (7 mL)
 - 1 1/2 tsp Sesame Oil (7 mL)
 - 1 Garlic, clove, minced
 - 2 tbsp Water (30 mL)
1. In a large mixing bowl, combine the broccoli florets, edamame beans, red onions, and chopped almonds.
 2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
 3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!