

Edamame Dried Fruit Salad

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 15 minutes

Chef's Notes

Nutrition: Calories 465; Fat 18g; Carbs 56g ; Fiber 12g; Sugar 10g; Protein 23g; Cholesterol 0mg; Sodium 29mg; Vitamin A 316IU; Vitamin C 10mg; Calcium 120mg; Iron 7mg

Step 1: Method

- 2 cups Frozen Edamame, boiled 3-4 minutes (310 grams)
 - 1 cup Quinoa (180 grams)
 - 1/4 cup Dried Unsweetened Cranberries (130 grams)
 - 1/4 cup Pumpkin Seeds (30 grams)
 - 3 cups Mixed Greens (100 grams)
 - 1 tbsp Balsamic Vinegar (15 mL)
 - 1 tbsp Extra Virgin Olive Oil (15 mL)
1. Cook quinoa according to package directions.
 2. Assemble salad, starting with mixed greens, then cooked quinoa, edamame, dried cranberries and then pumpkin seeds. Top with a splash of balsamic vinegar and extra virgin olive oil before eating.