

Miso edamame dense bean salad

by Violet Witchel

Ingredients

For the salad base

8 Persian cucumbers, diced into 1/4-inch pieces
1 can Great Northern beans (or any other type of white beans), rinsed and drained
1 10z bag frozen shelled edamame, thawed
1 bunch cilantro, finely chopped
1/4 medium red onion, finely diced
1/4 of a green cabbage, about 2 cups, finely chopped
5 green onions, thinly sliced
2 jalapeños, de-seeded and minced
1/4 cup toasted sesame seeds

For the dressing

1/4 cup toasted sesame oil
1/3 cup avocado oil
1/4 cup rice vinegar
2 tbsp gluten-free tamari
2 tbsp gluten-free white miso paste
1 tbsp grated ginger
3 cloves garlic
Juice of 1 lime

Instructions

1. Before prepping the vegetables, take the edamame out of the freezer and thaw at room temperature.
2. In a large bowl, add the cucumbers, beans, edamame, cilantro, red onion, cabbage, green onions, jalapeños, and toasted sesame seeds. Set aside.
3. In a small bowl or jar, whisk together toasted sesame oil, avocado oil, rice vinegar, gluten-free tamari, gluten-free miso paste, grated ginger, grated garlic, and lime juice until smooth and

emulsified.

4. Add the dressing to the bowl and toss well.

5. Store refrigerated in airtight containers for up to four days.