

## EDEMAME SALAD

### *Ingredients:*

4 cups Asian baby greens  
1 cup frozen edemame  
1 cup sweet corn  
1 ripe mango, peeled and sliced  
Sunflower sprouts (optional)

### *The dressing:*

4 Tbsp olive oil  
2 Tbsp apple juice  
1 tsp sugar (optional)  
1 tsp dry basil

### *Instructions:*

- Whisk all the ingredients for the salad dressing.
- In a medium bowl, combine all the vegetables for the salad.
- Add the dressing and mix.
- Serve as a main course or appetizer.

Serves 4

**Tip: you don't have to cook the edemame (soy beans) before adding them to the salad. They are fairly small and will de-thaw quickly at room temperature. If you are using frozen corn, the same rule applies.**



### **Good to know**

So what's the deal with sprouts? Sprouts are loaded with nutrients such as B vitamins, protein, phosphorus, and calcium. They are also rich in antioxidants and chlorophyll (the green pigment in plants).