

Edamame Salad







Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment	
Chef's knife/Peeler/Cutting Board	
Spoon/Spatula	
Mixing Bowl or Pan	

Nutrition Facts	
Valeur nutritive	
Per 1 serv (71g) / par 1 serv (71g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	60
Fat / Lipides 3.5g	6%
Saturated / satures 0g	
+ Trans / trans 0g	2%
Cholesterol / Cholesterol	0mg
Sodium / Sodium	45mg
Carbohydrate / Glucides	5g
Fibre / Fibres 2g	7%
Sugars / Sucres 2g	
Protein / Proteines	4g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	15%
Calcium / Calcium	4%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Edamame Beans, Frozen, Shelled	625 gm	1.4 Lbs	1.25 Kg	2.8 Lbs
English Cucumber, Fresh, Diced	625 gm	1.4 Lbs	1.25 Kg	2.8 Lbs
Carrots, Fresh, Diced	250 gm	8.8 oz	500 gm	1.1 Lbs
Onions, Fresh, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Cilantro, Fresh, Finely Chopped (or Parsley)	25 gm	0.9 oz	50 gm	1.8 oz
Apple Cider Vinegar	55 mL	1.9 fl oz	110 mL	3.8 fl oz
Olive Oil, Extra Virgin	50 mL	1.7 fl oz	100 mL	3.4 fl oz
White Pepper	1 mL	¼ tsp	2 mL	½ tsp
Salt	5 mL	1 tsp	10 mL	2 tsp

Method	
	<p>1. Defrost edamame beans. Peel English cucumber, carrots and onions and dice in a uniformly small size. Wash and finely chop cilantro (or parsley).</p>
	<p>2. In a large bowl, combine all vegetables together and mix well with a spatula. Combine apple cider vinegar, olive oil, white pepper and salt, and set aside until ready to mix.</p>
	<p>3. Add remaining ingredients to the bowl, mix and refrigerate until service. Serve chilled in 70gm portions in a side dish or on a plate with an appropriate entrée (cold).</p>
	<p>4. Bulk: Portion into service dishes or leave in bulk for dining room service. Cold Plating: allow to cool and plate alone or as a side dish. Place on the cold side of the tray prior to service.</p>
<p>Garnish: Crushed nuts or fine chopped herbs</p>	
<p>Food Accompany: Any appropriate entrée</p>	

