

# KALE AND EDAMAME ASIAN-INSPIRED CHOPPED SALAD

## Ingredients

### Salad:

4 cups kale  
1 cup snow peas  
1/2 tsp sea salt  
1 diced red bell pepper  
1 ribboned carrot  
1 sliced and diced avocado  
1 diced shallot  
2 cups edamame  
1/2 cup chopped cilantro

### Dressing:

4 minced garlic cloves  
1 Tbsp tamari  
2 Tbsp rice vinegar  
1/3 cup olive oil  
3 tsp lime juice

## Directions

1. Remove the rib of the kale and discard. Chop the kale into small pieces and place the pieces in a mixing bowl.
2. Toss the other salad ingredients in with the kale.
3. Whisk together the dressing ingredients and drizzle the dressing over the salad.
4. Enjoy!

Serves 4

Source: *Vegetarian Recipe Cookbook* (Ferrari)