

Strawberries, White Bean, and Edamame Salad

Prep time: 30 minutes

Makes: 4 Servings

A flavorful, enticing, mix of fresh strawberries, white beans, and edamame in a light vinaigrette, nested on a baby spinach and topped with crumbled feta cheese.

Ingredients

1 1/2 cups strawberries
1 1/2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
1/4 cup apple juice
1/4 teaspoon salt
1/8 teaspoon pepper

1 1/2 cups shelled edamame
15 ounces canned low sodium white beans (drained and rinsed)
1/2 cup red onion (chopped)
2 tablespoons chopped fresh basil
1/2 cup crumbled feta cheese
6 cups baby spinach

Directions

1. Cook edamame according to package directions, while



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	270	
Total Fat	10 g	15%
Protein	14 g	
Carbohydrates	30 g	10%
Dietary Fiber	10 g	40%
Saturated Fat	2 g	10%
Sodium	350 mg	15%

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Fruits	1/4 cup
Vegetables	2 3/4 cups
Dairy	1/4 cup

preparing remaining ingredients.

2. Rinse under cool water and drain.

3. In a small bowl, whisk vinaigrette ingredients.

4. In a medium bowl, toss all ingredients except spinach and vinaigrette.

5. Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach.

6. Drizzle with dressing.