



Chopped Salad with Sesame Vinaigrette

Ingredients

For the dressing:

⅓ cup canola oil

3 small cloves garlic, peeled and chopped

3 tablespoons soy sauce

2 tablespoons water

2 tablespoons apple cider vinegar

2 tablespoons honey

1 tablespoon toasted sesame oil

1 teaspoon ground ginger

Juice of one lime

For the salad:

16 ounces frozen shelled edamame, cooked according to package instructions

5-6 cups baby kale, chopped

3 large carrots, peeled and chopped

2 bell peppers (1 red, 1 yellow), cut into strips

1 cup cilantro leaves, chopped

3 green onions, chopped

¾ cup cashew pieces

Instructions

Combine all dressing ingredients in a pint jar with a lid. Shake to combine.

Combine all salad ingredients in large bowl.

Serve, chilled or room temperature, with dressing on the side.