



## Broccoli Edamame Salad

4 servings  
20 minutes

### Ingredients

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled)
- 4 stalks Green Onion (sliced)
- 1/4 cup Almonds (chopped)
- 3 tbsps Almond Butter
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Maple Syrup
- 2 tsps Sesame Oil
- 1 Garlic (clove, minced)
- 2 tbsps Water

### Nutrition

Amount per serving	
Calories	290
Fat	18g
Saturated	2g
Carbs	22g
Fiber	9g
Sugar	8g
Protein	17g
Cholesterol	0mg
Sodium	289mg

### Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating.
- 4 Smile between each bite!

### Notes

**LEFTOVERS:** Keeps well in the fridge up to 3 days.

**ANTI-INFLAMMATORY FIBRE:** High fibre diets have been shown to reduce the C-reactive protein in the blood. This protein is a marker for inflammation in the body and is connected to inflammatory conditions such as rheumatoid arthritis, diabetes, and heart disease. Fibre also feeds the good bacteria in our digestive tract, which further reduces inflammation levels in the body. In addition to lots of great fibre, this salad also provides anti-inflammatory omega 3 fats in the edamame beans (soybeans), and vitamins A and C in the broccoli --> all super important nutrients to help combat inflammation. For more information or guidance on combatting inflammation, check out our "Inflammation Rescue" meal plan at [www.mipstick.com](http://www.mipstick.com)