



Lemon & Mint Edamame Salad

1 serving

5 minutes

Ingredients

1 cup Frozen Edamame (thawed)
1/4 Cucumber (quartered, sliced)
2 tbsps Parmigiano Reggiano
1 tbsp Hemp Seeds
1 tbsp Mint Leaves
1 tbsp Lemon Juice
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	373
Fat	24g
Saturated	5g
Trans	0g
Polyunsaturated	8g
Monounsaturated	7g
Carbs	19g
Fiber	9g
Sugar	5g
Protein	27g

Directions

- 1 Add all ingredients to a bowl and toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/4 cup of salad.

Dairy-Free: Substitute parmesan for nutritional yeast or plant-based cheese.