

Strawberry, Bocconcini and Edamame Salad (Low FODMAP)



Let's make the most of the delicious fresh strawberries from Quebec while they're still in season with this quick and vibrant salad packed with colors, textures, and flavors!

Preparation 10 min

Cooking 2 min

Servings 4

Nutrition Facts (per serving)

Calories 370

Fat 26

Carbohydrates 19

Fibre 7

Protein 20

Sodium 95

Ingredients

- 125 ml (½ cup) chopped pecans
- 500 ml (2 cups) shelled edamame, thawed
- 375 ml (1½ cups) sliced fresh strawberries
- 250 ml (1 cup) bocconcini pearls, cut into pieces
- 60 ml (¼ cup) balsamic glaze
- 45 ml (3 tbsp) toasted sesame oil

- 1 L (4 cups) choice of greens (lettuce, spinach, arugula, etc.)

Preparation

1. In a high heat skillet, toast the pecans for about 3 minutes, stirring frequently until lightly roasted. Set aside.
2. In a medium bowl, mix all the other ingredients, except the greens.
3. Divide the greens into 4 serving bowls and add the strawberry mixture, then the nuts. Serve.

Notes

Can be stored for 2 days in an airtight container in the refrigerator, with the greens separated from the strawberry mixture.



Gabrielle Simard – Créatrice culinaire
Culinary Creator