

## Cucumber, Edamame and Asparagus Salad



*An easy-to-prepare, delicious salad to accompany [grilled meats on the BBQ!](#)*

Preparation 10 min

Cooking 3 min

Servings 4

Nutrition Facts (per serving)

Calories 150

Fat 10

Carbohydrates 8

Fibre 4

Protein 9

Sodium 240

### **Ingredients**

- 250 ml (1 cup) frozen shelled edamame
- 350 g (approx. 16) asparagus, cut into sections (see Note)
- 4 to 5 Lebanese cucumbers, diced
- 2 green onions, chopped
- 30 ml (2 tbsp) toasted sesame oil
- The juice of one lemon (60 ml or ¼ cup)
- 15 ml (1 tbsp) rice vinegar

- 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) Sambal Oelek (or sriracha)
- 15 ml (1 tbsp) sesame seeds

**Note :** For a low FODMAP option, use green beans instead of asparagus.

## Preparation

1. In a bowl, cover the edamame with boiling water and leave to soak for 3 to 5 minutes before rinsing with cold water and draining.
2. Meanwhile, steam the asparagus for about 3 minutes, or until the asparagus is cooked but still slightly crunchy. Rinse and drain.
3. In a large bowl, combine edamame, asparagus, cucumber and green onions.
4. In a small bowl, mix all dressing ingredients with a fork, then pour over salad. Mix well and serve immediately.

## Notes

Keep for 4 days in the refrigerator, but this salad is best eaten immediately. Does not freeze.



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