

RECIPE | CUCUMBERS

ASIAN CHOPPED SALAD



PURE-FLAVOR.COM

ASIAN CHOPPED SALAD



15 min

15 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

For the salad:

- 1 lb** Pure Flavor® Mini Cucumbers, chopped
- 1** Pure Flavor® Red Sweet Bell Pepper, chopped
- 1** Pure Flavor® Yellow Sweet Bell Pepper, chopped
- 4** green onions, chopped
- 4 cups** purple cabbage, shredded
- 4 cups** romaine lettuce, chopped
- 1½ cups** edamame, shelled
- 1 cup** carrots, shredded

For the dressing:

- 1** garlic clove, crushed
- 2 ½ tbsp** light olive oil
- ½ tbsp** sesame oil
- 2 tbsp** soy sauce
- 2 tbsp** lemon juice
- 2 tsp** honey
- 1 tsp** ginger, grated
- 1 tsp** sesame seeds

DIRECTIONS

- 1** In a small bowl combine the dressing ingredients and mix well.
- 2** Place 2 tablespoons of the dressing on the bottom of 4 large quart-sized mason jars.
- 3** Divide the edamame and place it over the dressing.
- 4** Then layer the peppers, carrots, scallions, cabbage, cucumber and lettuce and cover.
- 5** Refrigerate until ready to eat and enjoy!