



RECIPE | CUCUMBERS

ASIAN CHOPPED SALAD



15 min
PREP.



4



easy

15 min

0 min
COOKING



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!

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