

Greek Kale & Edamame Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. Add all the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately two cups.

More Flavor

Add bell peppers and/or more lemon juice.

Additional Toppings

Fresh herbs and/or toasted nuts.

Ingredients

- 2 cups Frozen Edamame (thawed)
- 3/4 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (large, chopped)
- 1/4 cup Feta Cheese (crumbled)
- 1/3 cup Pitted Kalamata Olives
- 1/2 cup Red Onion (chopped)
- 2 cups Baby Kale
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	436	Vitamin C	24mg
Fat	29g	Calcium	296mg
Saturated	6g	Iron	6mg
Carbs	27g	Vitamin D	3IU
Fiber	11g	Vitamin B6	0.3mg
Sugar	8g	Folate	508µg
Protein	25g	Vitamin B12	0.3µg
Cholesterol	17mg	Magnesium	119mg
Sodium	408mg	Zinc	3mg
Potassium	1153mg	Selenium	5µg
Vitamin A	1121IU		