



Avocado and Edamame Salad

Recipe courtesy Bal Arneson

Prep Time:	20 min	Level:	Serves:
Inactive Prep Time:	--	Easy	4 servings
Cook Time:	5 min		



Ingredients

- 2 green onions, finely chopped
- 2 tablespoons sun-dried tomatoes packed in oil, chopped
- 1/2 teaspoon Spanish paprika
- 1/4 teaspoon ground cumin
- Pinch kosher salt
- 2 tablespoons oil from sun-dried tomatoes
- 2 tablespoons fresh lime juice
- 4 avocados, halved, pitted, peeled, and sliced
- 2 cups bean sprouts, loosely packed
- 1 cup edamame beans, cooked*

Notes

*Cook's Note: How to cook edamame beans: Put 1 cup of fresh or frozen edamame beans along with 2 cups of water into a saucepan, and bring to a boil. Turn the heat to low, and cook for 3 to 5 minutes. Strain the water, and run the beans under cold water to cool.

Combine the green onions, sun-dried tomatoes, paprika, cumin, salt, oil, and lime juice in the bottom of a salad bowl, and mix well. Add the avocados, bean sprouts, and edamame beans and toss well to coat, before serving.

Printed from CookingChannelTV.com on Mon Nov 08 2010

© Fine Living Network, LLC. All Rights Reserved

Print Size:



8.5 x 11"



4 x 6"



3 x 5"

PRINT



Advertisement