

watercress, cabbage and edamame salad

Makes 4 servings

RECIPE FROM: [Rebecca Katz](#)

PREP TIME: 10 minutes

For the salad

1 cup frozen shelled organic edamame, thawed
freshly squeezed lemon juice (or lime if preferred)

sea salt

2 cups tightly packed watercress

2 cups shredded purple cabbage

2-3 tsp sesame seeds, toasted

For the cilantro-lime vinaigrette dressing*

½ cup cilantro

½ cup extra-virgin olive oil

1 tsp lime zest

3 Tbsp freshly squeezed lime juice

1 tsp grated fresh ginger

½ tsp Grade A Dark Amber maple syrup

½ tsp salt

Notes

*You will have extra dressing. Store in an air-tight container in the fridge to use later.

To shred cabbage without a food processor, put the cabbage on a cutting board with the stem side down. Using a sharp chef's knife, cut it in half from top to bottom, then use the tip of the knife to remove the core. Put the halves on the cutting board flat side down and cut in half again. Now you have manageable pieces that you can cut into very thin slices.

RINSE edamame well and mix with a spritz of lemon or lime juice and a pinch of sea salt.

COMBINE with watercress and cabbage.

PUT all the dressing ingredients in a small food processor and process about a minute, until smooth. *(If you prefer not to use a food processor, finely chop cilantro, add ingredients to a small jar and shake well.)*

DRESS with about ⅓ cup of the vinaigrette just before serving.

TOP with toasted sesame seeds and serve immediately.

