

# miso salad bowl

**Makes 4 servings**

RECIPE ADAPTED FROM: [Cooking for Peanuts](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

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## SALAD

- 1 large bunch of kale (about 4 packed cups)
- ½ medium red cabbage (about 4 packed cups)
- 10 oz shelled frozen edamame  
(cooked using package instructions)
- 1 Tbsp olive oil
- ¾ tsp sumac (optional)
- 3 scallions, thinly sliced (white and light green parts)
- ½ cup chopped cilantro or parsley, mint, or basil
- 1 Tbsp sesame seeds
- ½ cup unsalted peanuts, roughly chopped (optional)

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## MISO SAUCE

- 1 ½ Tbsp white miso or mellow miso
- 1 Tbsp tamari or soy sauce
- 3 Tbsp rice vinegar
- 2 cloves garlic, minced
- 1 ½ inches ginger, minced or grated
- 1 Tbsp maple syrup

CHOP kale and cabbage in a food processor until finely chopped. Transfer them to a large bowl.

ADD in olive oil, cooked edamame, sumac, scallions, herbs, sesame seeds and peanuts and mix well.

ADD miso, tamari, vinegar, garlic, ginger, and maple syrup to a jar with a lid. Cover and shake vigorously or whisk the ingredients in a medium bowl.

ADD about half of the dressing to the salad, mix well and let the salad marinate in the dressing for at least 10-20 minutes before serving.

TASTE again before serving and add more dressing if needed.

*This can also be served as a cooked salad:*

PLACE shredded kale and cabbage in a large skillet with the olive oil.

SAUTE until slightly wilted.

ADD edamame and miso sauce, cook until tender, then add the rest of the ingredients when serving.

