



SPONSORED BY
MISSOURI COMMONGROUND

COMPLIMENTS OF G. HUSMANN WINE COMPANY

Edamame Crunch Salad with Spicy Peanut Dressing

 30 MINUTES
 SERVES 6

• LET'S GET STARTED •

Prepare salad: Cook quinoa. Then add edamame, red cabbage and carrots.

Prepare dressing: Whisk together peanut butter, rice vinegar, soy sauce, maple syrup, garlic and ginger. Gradually stir in water as needed to reach a pourable dressing consistency.

Serve: Pour dressing over salad, toss until evenly coated, and garnish with roasted peanuts, green onions and lime wedges if desired.

WHAT YOU'LL NEED

1/2 CUP DRY QUINOA, RINSED
2 1/2 CUPS FROZEN EDAMAME,
SHELLED
2 CUPS SHREDDED RED CABBAGE
1 CUP SHREDDED CARROTS
1 CUP ROASTED PEANUTS, SHELLED
1/4 CUP PEANUT BUTTER
2 TBSP. RICE VINEGAR
1 TBSP. SOY SAUCE
1 TBSP. MAPLE SYRUP
1 TBSP. GARLIC, MINCED
1 TSP. GRATED GINGER
GREEN ONIONS AND LIME WEDGES
FOR GARNISH



MISSOURI WINE PAIRING:

G. Husmann Wine Company Amalia Manwaring –
Medium-bodied dry white with a floral aroma
followed by notes of citrus, lemon zest and
kiwi in the finish.

FARMERS' TABLE EVENT
MADE POSSIBLE BY
MISSOURI
COMMONGROUND
AND THE HERMANN
WINE TRAIL

DID YOU KNOW?



Soybeans, including edamame, are a complete source of protein.

