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## **Asparagus-Edamame Salad (serves 6)**

FLT (per serving): 1 oil, 1 legume, ¼ protein, unlimited category 1 vegetables  
161 calories, 10 g carbohydrate, 10 g protein, 10 g fat

1 lb. medium asparagus, ends discarded  
2 cups (1 16-oz. package) frozen edamame (green soy beans), defrosted  
2 tbsp. olive oil  
¼ lb. arugula (or any mixture of baby greens you desire)  
¼ cup shredded parmesan  
2 tsp. balsamic vinegar  
Salt and pepper to taste

1. Cut asparagus stalks into ¼-inch diagonal slices, separating tips.
2. Put stalks into mixing bowl.
3. Blanch tips in 3 qt. of boiling water for 1-2 minutes only.
4. Remove tips from water and toss with defrosted edamame, reserved stalks, 1 tbsp olive oil, and salt and pepper to taste.
5. Pile arugula (or other mixed greens) in a salad bowl and toss with remaining olive oil.
6. Top with asparagus and edamame, and sprinkle with shredded parmesan.
7. Drizzle with balsamic vinegar and serve immediately.