

Escarole & Edamame Salad



This well balanced, refreshing salad is the perfect summertime treat. It's a great, easy vegetarian dish as well.

2 cups frozen shelled edamame (soybeans; 9 oz)
1 tablespoon red-wine vinegar
1/2 teaspoon sugar
3/4 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons extra-virgin olive oil
1 1/2 lb Dea Dia Organics escarole, trimmed and cut crosswise into very thin strips (8 cups)
1/3 cup finely chopped fresh mint
1 3/4 oz finely grated Parmigiano-Reggiano (2/3 cup)

Cook edamame in a 3-quart pot of boiling salted water 5 minutes. Drain in a sieve and rinse under cold running water to stop cooking. Drain edamame again and pat dry.

Whisk together vinegar, sugar, salt, and pepper in a small bowl until sugar and salt are dissolved. Add oil in a slow stream, whisking until combined.

Toss together edamame, escarole, and mint in a large bowl. Add cheese and drizzle salad with dressing, then toss again. Serve immediately.

Makes 4 servings.

Source: Epicurious.com

Dea Dia Organics
at the Prarie Crossing Incubator
www.dea-dia.com