



INGREDIENTS

Salad:

- ☐ 2 cups edamame
- ☐ ¼ cup diced red pepper
- ☐ ¼ cup chopped scallions
- ☐ ¼ cup mint leaves
- ☐ 1 tbsp pickled ginger, sliced thin
- ☐ 1 tbsp toasted sesame seeds
- ☐ 1 tsp sea salt
- ☐ 1 tbsp jalapeño, diced
- ☐ ½ cup of cherry tomatoes, sliced in half

Dressing:

- ☐ zest of 1 lime
- ☐ 1 tbsp sesame oil
- ☐ 1 tbsp canola oil
- ☐ 1 tsp Dijon mustard
- ☐ 1 tbsp rice wine vinegar
- ☐ 1 tsp sea salt



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

EDAMAME SALAD

METHOD:

1. Combine the ingredients for the salad and set aside.
2. Combine the ingredients for the dressing and add to the salad before serving.

Yield: 4 servings. **Per Serving:** 130 calories, 8g fat, 7g protein, 9g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at MyType2Transformation.com.

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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