

***Edamame, Corn and Bok Choy Salad** from Urban Sacred Garden*



If you haven't had Edamame or Bok Choy you're missing out on some tasty, Asian inspired eats. Edamame are young, green soybeans and Bok Choy is a variety of Asian Cabbage (related to varieties of Western Cabbage and, oddly enough, Turnips). Both are light and uniquely flavorful veggies with a rich texture. Combined with Sweet Corn and the salty spice of an Asian inspired vinaigrette, they become a satisfying side dish to accompany any meal. Bok Choy, as

most Asian greens, is one of the few vegetables that can still grow well in the garden with some fairly heavy shade. For that reason it is garden, as well as plate, friendly. Yield: 5 Cups

INGREDIENTS

- 2 Small Green Onions, finely chopped
- 2 Lemons, Juice and Zest
- 3 Tbsp Local Raw Honey
- 2 Tbsp Rice Vinegar
- 1 Tbsp Soy Sauce or Tamari
- 1 Tbsp Olive Oil
- 1/2 Tsp Red Pepper Flake
- 2 Cups Shelled Frozen Edamame, thawed (or fresh cooked)
- 2 Cups Frozen Corn, thawed (or fresh cooked)
- 2 Cups Bok Choy, coarsely chopped
- Freshly Ground Sea Salt

DIRECTIONS

1. In a medium bowl whisk together Green Onion, Lemon juice and zest, Honey, Rice Vinegar, Soy Sauce, Olive Oil and Red Pepper Flake. Let sit for 10 minutes.
2. Add Edamame and Corn and Toss.
3. Add Bok Choy and toss lightly. (If you want to make this in advance, leave Bok Choy on top and do not toss until ready to serve.)
4. Refrigerate until ready to eat. Add salt to taste before serving. Enjoy!