

# Tuna Edamame Salad

**NUMBER OF SERVINGS: 4**

## Ingredients

- Frozen edamame (shelled), cooked according to package directions 1 cup (250 mL)
- Cherry tomatoes, cut in half 1 cup (250 mL)
- Carrots, shredded 1 cup (250 mL)
- Tuna, water packed, drained 1 can (6 oz)
- Golden raisins ½ cup (125 mL)
- Red onion, diced ¼ cup (60 mL)
- Reduced-fat Italian salad dressing ¼ cup (60 mL)
- Pita bread or whole grain crackers (optional)

## Directions

1. Mix edamame, tomatoes, carrots, tuna, raisins and onion in medium bowl. Pour dressing over salad and toss until combined. Serve with pita bread halves or whole grain crackers, if desired.



Soybeans are planted in the spring and harvested in the fall.



Edamame are soybeans and are a great way to add a high quality protein and help older adults meet their protein intake.

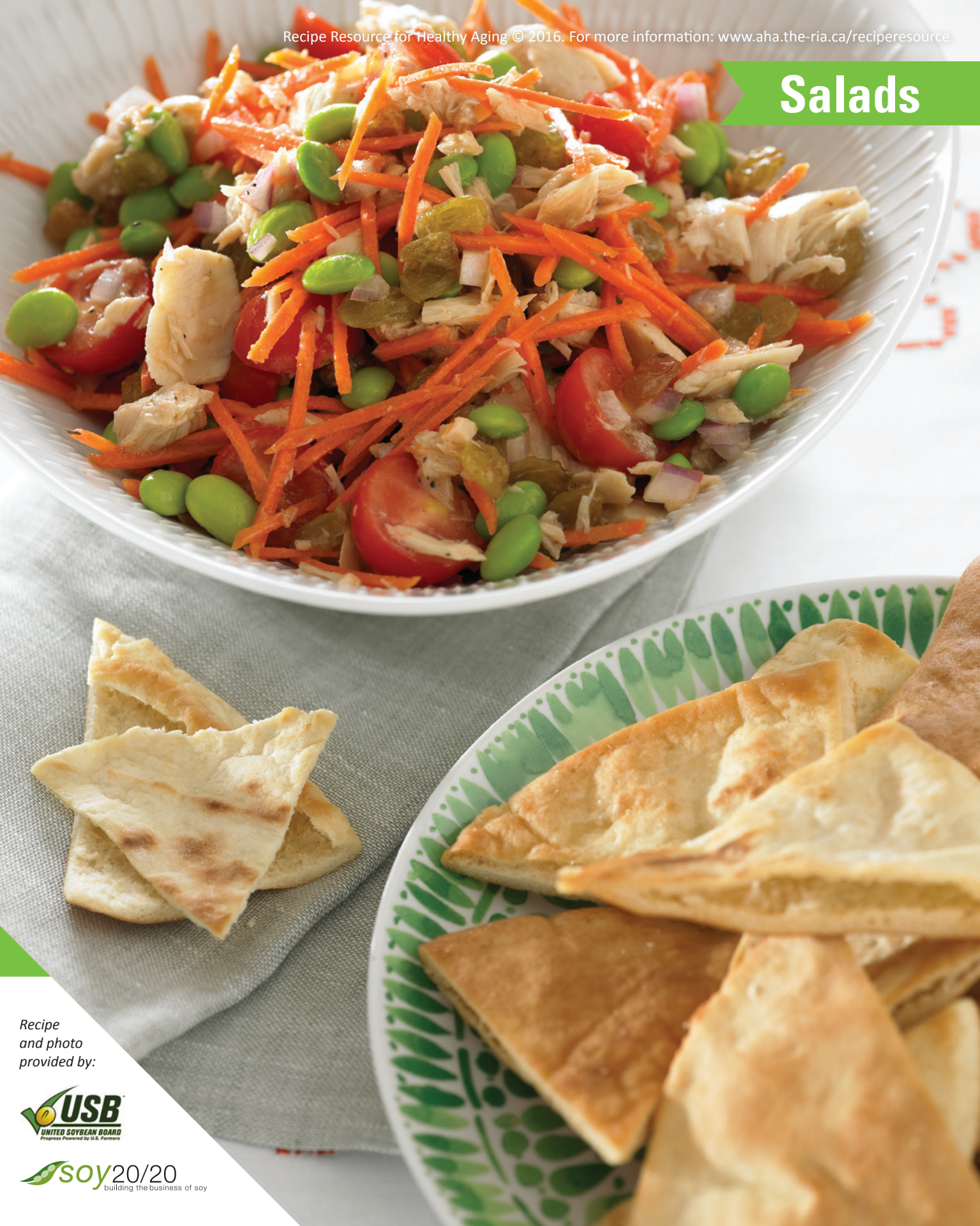


For a vegetarian option, replace the tuna with a can of drained chickpeas.

## NUTRITION PER SERVING

Calories 210 | Protein 16 g | Fat 3 g | Carbohydrates 27 g | Fibre 4 g | Sodium 350 mg

# Salads



Recipe  
and photo  
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