



PERFORMANCE RECIPE



Edamame, Lentil & Sweet Potato Salad



30 min cook | Batch prep meal | Source of protein

Make 1 Serving



INGREDIENTS

Salad

- 1 small sweet potato, cooked, peeled & diced
- 1 cup canned lentils drained & rinsed
- 1/2 cup frozen edamame, thawed
- 3 tbsp chopped red onion
- 2 tbsp dried cranberries
- Optional: chopped cilantro garnish

Dressing

- 1 tbsp olive oil
- 2 tsp red wine vinegar
- 1 tsp maple syrup
- 1/4 tsp cumin
- 1/4 tsp curry powder
- 1/4 tsp salt
- 1/4 tsp pepper



Soy and edamame contain leucine, a branched-chain amino acid important in stimulating muscle protein synthesis. Meet your 1-3 grams of leucine per serving with this recipe!

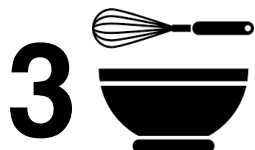
INSTRUCTIONS



1 Scrub potato & prick with fork. Place on a plate in microwave & cook on high for 3 min. Once cooled, peel and dice.



2 In a large bowl, combine the sweet potato, lentils, edamame, red onion, and cranberries.



3 In a small bowl, combine the dressing ingredients and add to salad mixture; toss to coat.



4 Add desired amount of chopped cilantro and toss. Chill at least 1 hour before serving to allow flavours to blend.

Commitment

Synergy

Integrity

Openness