

EDAMAME SUMMER SALAD

Edamame Summer Salad

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving Size = 3/4 cup)

Nutrition (per serving)

Calories: 150	Total Carbohydrate: 14
Total Fat: 8 g	Dietary Fiber: 5 g
Saturated Fat: 1 g	Total Sugars: 5 g
Sodium: 320 mg	Protein: 8 g

Ingredients

Salad

- 1.5 lb frozen shelled edamame
- 1- 15 ounce can no salt-added kernel corn
- 2 red bell peppers, diced
- 1 cup thinly sliced green onion
- 1 cup finely chopped red onion
- 1/3 cup chopped fresh Italian parsley
- 2 tablespoons chopped fresh basil

Dressing:

- 1/2 cup lemon juice
- 3 tablespoons dijon mustard
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper

Directions

1. Prepare edamame according to package directions. Drain thoroughly.
2. In a large bowl, combine salad ingredients.
3. In a small bowl, combine all dressing ingredients.
4. Add dressing to the bowl with the salad ingredients. Toss until well combined.
5. Cover and refrigerate until ready to serve.

Recipe adapted from cleanfoodcrush.com