Zesty Corn Edamame Salad

Source: Vegan Kickstart

Whip up this colorful corn salad in less than 30 minutes. Enjoy as is or over a bed of leafy greens for some added crunch.

About the Recipe

159 Calories · 9 g Protein · 5.6 g Fiber
Lunch

Ingredients

Makes 4 to 6 Servings

- 1 1/4 c (200 g) edamame
- 1 white onion, chopped
- 1 red bell pepper, chopped
- 2 c corn, drained and rinsed
- 1 clove garlic, minced
- 1 tomato, diced
- 1/2 bunch fresh basil, minced (optional) **optional*
- 1/4 tsp (1.2 mL) iodized salt
- 1/8 tsp (0.6 mL) ground black pepper

Directions

1. Saute shelled edamame with 2 tbsp (30 mL) water in pan for 2 minutes.
2. Then add onion, red pepper, corn, and garlic. Saute until tender (about 6 minutes).
3. Spoon vegetable mixture into a bowl and stir in basil, tomato, salt, and pepper. Add additional basil, salt, or pepper as needed. Chill for an hour and serve cold.

Nutrition Facts

Per serving:

Calories: 169 kcal
Fat: 5 g
- **Saturated Fat:** 0.5 g
- **Calories From Fat:** 24%

Cholesterol: 0 mg
Protein: 10 g
Carbohydrates: 21 g
Sugar: 7 g
Fiber: 5 g
Sodium: 159 mg
Calcium: 96 mg
Iron: 2 mg
Vitamin C: 68 mg
Beta-Carotene: 670 mcg
Vitamin E: 0.7 mg