Zesty Corn Edamame Salad

About the Recipe

159 Calories · 9 g Protein · 5.6 g Fiber
Lunch

Ingredients

* frozen soybeans or shelled edamame (10 ounces)
* water or vegetable broth (2 tablespoons, add more as needed)
* white onion, chopped (1)
* red bell pepper, chopped (1)
* corn, drained and rinsed (1 16-ounce can)
* garlic clove, minced (1)
* large tomato, diced (1)
* fresh basil, minced, optional (1 tablespoon)
* salt (to taste)
* pepper (to taste)

Directions

1. Sauté edamame with water in pan for 2 minutes.
2. Then add chopped onion, red pepper, corn, and garlic. Sauté until tender (about 6 minutes).
3. Spoon vegetable mixture into a bowl and stir in basil, tomato, salt, and pepper. Chill for an hour and serve cold.

Nutrition Facts
Per serving

**Calories:** 159

**Fat:** 4 g  
  **Calories from Fat:** 21.5%

**Protein:** 9 g

**Carbohydrates:** 25.6 g

**Sugar:** 6 g

**Fiber:** 5.6 g

**Sodium:** 7 mg

**Calcium:** 49 mg