# 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