Zesty Corn Edamame Salad

About the Recipe

159 Calories · 9 g Protein · 5.6 g Fiber
Lunch

Ingredients

Makes 4 to 6 Servings

- 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