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)
- 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