



Edamame Salad with Lime Dressing

Prep: 10 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 8 servings | Serving Size: 1¼ cups

Ingredients

- 1 (16-ounce) package frozen shelled edamame (green soybeans or mukimame)
- 3 cups frozen corn kernels
- 1 pint cherry tomatoes, quartered
- 4 green onions, thinly sliced
- 1 (15-ounce) can black beans, drained and rinsed

Dressing

- 5 tablespoons apple cider vinegar
- 3 tablespoons extra-virgin olive oil
- 2 limes, juiced
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 cloves garlic, minced

Recipe Notes

- Try substituting other beans for the black beans, if desired.

Directions

1. In a large mixing bowl, make the dressing by whisking together the apple cider vinegar, olive oil, lime juice, sugar, salt, and garlic. Set aside.
2. Bring a large pot of lightly salted water to a boil.
3. Add the edamame to the boiling water and cook for 3 minutes.
4. Add the frozen corn to the boiling water with the edamame and continue cooking for 1 minute.
5. Drain the edamame and corn into a colander (strainer) set in the sink.
6. Add the drained edamame and corn to the bowl with the dressing.
7. Add the cherry tomatoes, green onions, and black beans.
8. Gently toss to combine.
9. Serve immediately, or chill before serving if desired.

Nutrition Facts Per Serving: Calories: 220 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 160 mg | Total Carbohydrate: 30 g | Dietary Fiber: 8.5 g | Protein: 10.5 g

Adapted from WRJ VA Cooking Class | Submitted by Robin LaCroix, RD
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