



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 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 pint cherry or grape tomatoes, quartered
- 4 scallions (green onions), thinly sliced (about ½ cup)

Dressing

- 5 tablespoons apple cider vinegar
- 3 tablespoons extra-virgin olive oil
- ¼ cup lime juice (about 2 limes)
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 cloves garlic, minced (about 1 teaspoon)

Recipe Notes

- Omit the cooking in steps 2-4 by thawing the edamame and corn under running water.

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. Fill a large pot with water and bring to a boil over high heat.
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 or strainer.
6. Add the drained edamame and corn to the bowl with the dressing.
7. Add the and black beans, tomatoes, and scallions.
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**

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