

Edamame Corn Salad

1½ cup frozen shelled edamame
1½ cup frozen corn
½ cup chopped red bell pepper
2 tbsp balsamic vinegar
2 tbsp cider vinegar
1 tbsp brown sugar
½ tsp ground cumin
½ tsp dried minced onion
½ tsp jarred garlic or 1 clove garlic, minced

Serves 6

Nutrient Value (1/6 recipe)

Calories: 101
Carbohydrate: 16 g
Protein: 5 g
Saturated Fat: 0 g
Fiber: 3 g

1. Cook edamame and corn per package instructions.
2. Mix with red pepper in medium bowl. Set aside.
3. In a small sauce pan, combine vinegars, sugar, cumin, minced onion and garlic. Heat until sugar is dissolved.
4. Remove from heat. Pour mixture over vegetables. Stir to mix.
5. Cover and refrigerate 1 to 4 hours or until chilled, stirring once. Can be served chilled or at room temperature.

(courtesy of The Soyfoods Council)

Nutrition Center
UI College of Public Health
www.uiowanutritioncenter.org