



EDAMAME AND CORN SALAD

SERVINGS: 50 CALORIES: 91 KCAL

Try this refreshing salad as your next side. With a lemon and ginger dressing, edamame and corn combine quickly with no cooking required.

INGREDIENTS

DRESSING

14 ounces Mayonnaise, Fat Free

10 ounces Lemon Juice

2 teaspoons Black pepper

1 tablespoon Ginger root, raw, grated

SALAD

18 cups Whole Kernel Sweet Corn (drained)

8 ¾ cups Edamame, blanched

2 ½ cups Onions, chopped, raw

2 ½ cups Peppers, bell, red, diced.

1 cup Cilantro leaves, raw, chopped

RECIPE NOTES

Crediting: ½ cup vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 91 kcal | Fat: 3.53 g | Saturated fat: 0.51 g | Cholesterol: 1.6 mg | Sodium: 181 mg | Carbohydrates: 13.35 g | Fiber: 2.25 g | Protein: 3.64 g | Vitamin A: 51.26 % | Vitamin C: 5.29 % | Calcium: 18.7 %

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 23067



INSTRUCTIONS

1. Whisk together mayonnaise and lemon juice.
2. Add seasonings and stir until well combined. Let stand in refrigerator overnight.
3. Drain corn (thawed frozen corn may be substituted).
4. Combine corn, edamame, onion, red pepper and cilantro. Mix well.
5. Add dressing and mix until ingredients are well coated with dressing.
6. Label and date, then store in cooler overnight.

