

# EDAMAME SUMMER SALAD

Edamame Summer Salad

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 10 (Serving Size = 3/4 cup)*

## **Nutrition (per serving)**

Calories: 150	Total Carbohydrate: 14
Total Fat: 8 g	Dietary Fiber: 5 g
Saturated Fat: 1 g	Total Sugars: 5 g
Sodium: 320 mg	Protein: 8 g

## **Ingredients**

### *Salad*

- 1.5 lb frozen shelled edamame
- 1- 15 ounce can no salt-added kernel corn
- 2 red bell peppers, diced
- 1 cup thinly sliced green onion
- 1 cup finely chopped red onion
- 1/3 cup chopped fresh Italian parsley
- 2 tablespoons chopped fresh basil

### *Dressing:*

- 1/2 cup lemon juice
- 3 tablespoons dijon mustard
- 3 tablespoons olive oil
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper

## Directions

1. Prepare edamame according to package directions. Drain thoroughly.
2. In a large bowl, combine salad ingredients.
3. In a small bowl, combine all dressing ingredients.
4. Add dressing to the bowl with the salad ingredients. Toss until well combined.
5. Cover and refrigerate until ready to serve.

*Recipe adapted from [cleanfoodcrush.com](http://cleanfoodcrush.com)*