

# Cool Corn & Edamame Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Easy

Ingredients	Weight	Measure	Weight	Measure
Edamame, shelled (shell removed), cooked, drained (thawed if frozen)	4 lbs. 12 oz.		9 lbs. 8 oz.	
Pepper, bell, green or red variety, diced, fresh	2 lbs. 12 oz.		5 lbs. 8 oz.	
<b>OR</b>	<b>OR</b>		<b>OR</b>	
Pepper, bell, green or red variety, diced, frozen	2 lbs. 4 oz.		4 lbs. 8 oz.	
Corn, thawed (if using frozen)	4 lbs. 8 oz.		9 lbs. 4 oz.	
Peas, tempered (thawed if frozen)	5 lbs. 4 oz.		10 lbs. 8 oz.	
Cranberries, dried	3 lbs. 12 oz.		7 lbs. 8 oz.	
Onion, red, minced		½ - 1 each		1-2 Each
Oil, olive or vegetable		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parsley, dried		1 ½ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Pepper, black		1 Tbsp.		2 Tbsp.
Basil, dried		1 Tbsp.		2 Tbsp.
Garlic powder		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

1. Combine all ingredients in a bowl and stir until well combined.
2. Store in airtight container in cooler until meal service or overnight.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

## Serving Information

Portion 1 cup of the edamame salad onto the plate or pre-portion into bowls. Each 1 cup serving provides 1 meat/meat alternates, ½ cup starchy vegetable, 1/8 cup other vegetable and ¼ cup fruit.

OR

Portion ½ cup of the edamame salad onto the plate or pre-portion into bowls. Each ½ cup serving provides ½ meat/meat alternate, ¼ cup starchy vegetable, and ⅛ cup fruit.

## Nutrition Information per 1 cup serving \*From USDA Nutrient Database

Calories: 209 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 2g Trans Fat: 0g  
 Cholesterol: 0mg Carbohydrate: 33g Fiber: 7g Total Sugar: 16g Protein: 8g Sodium: 153mg Vitamin A: 59µg  
 Vitamin C: 24mg Calcium: 44mg Iron: 2mg Folate: 164µg



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