

Cool Corn & Edamame Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 20

Serving size: 1 cup

Ingredients	Quantity	Measure
Edamame, shelled, cooked, drained (thawed and tempered if frozen)	7 ½	cups
Bell Pepper, Green or Red, small dice	3	cups
Corn (thawed and tempered if frozen)	5	cups
Peas (thawed and tempered if frozen)	6	cups
Cranberries, dried	3	cups
Onion, Red, small dice	½	cup
Oil, Olive or Vegetable	¼	cup
Vinegar, Red	½	cup
Parsley, Dried	2	tsp.
Salt	2	tsp.
Black Pepper	2	tsp.
Basil, Dried	2	tsp.
Garlic Powder	2	tsp.

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.

Nutrition Information

 *From USDA Nutrient Database

Calories: 345 Total Fat: 3.7g Saturated Fat: 0.6g Monounsaturated Fat: 2.1g Polyunsaturated Fat: 0.5g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 74.5g Fiber: 4.7g Total Sugar: 37g Protein: 3.5g Sodium:
216mg Vitamin A: 80µg Vitamin C: 54mg Calcium: 16mg Iron: 1mg Folate: 44µg

