

# BLACK BEAN, CORN & EDAMAME SALAD

## INGREDIENTS

- 2 ears** Corn (fresh) (cooked) (kernels cut from cob) **OR** 1 1/2 C canned corn
- 1 C** Edamame (frozen) (defrosted)
- 1 can** Black beans (rinsed) (drained well)
- 1/2 C** Red onion (diced)
- 1/2 C** Cilantro (fresh) (chopped)
  
- 3 T** Lime juice
- 4 T** Extra virgin olive oil
- 1 clove** Garlic (minced)
- 1/2 t** Agave nectar **OR** honey **OR** (sugar substitute)

## COOKING INSTRUCTIONS

- 1 Bring water to boil in a 3 qt pot & add edamame
- 2 Cook until edamame are bright green & tender (4 minutes)
- 3 Drain & rinse under cold water
- 4 Allow to cool

## DIRECTIONS

- 1 In a small bowl, combine the lime juice, oil, garlic, agave & whisk together & set aside
- 2 Add the corn, edamame, black beans, onion & cilantro to a medium bowl
- 3 Pour dressing over the mix & gently toss
- 4 Refrigerate for 2 hours or overnight to let the flavors blend

