

# CORN & EDAMAME SALAD

## INGREDIENTS

- 16 oz** Edamame (frozen) (defrosted)
- 8 C** Water
- 3 ears** Corn (fresh) (cooked) (kernels cut from cob) **OR** 2 cups canned can
- 1** Red pepper (medium) (chopped)
- 4** Scallions (green onions) (thinly sliced)
- 1/4 C** Parsley (fresh)

## DIRECTIONS

- 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 Place edamame, corn, red peppers, scallions & parsley in a bowl

## VINAIGRETTE

- 1/4 C** Olive oil
- 1/4 C** Apple cider vinegar
- 1 T** Oregano
- 1 T** Garlic powder
- 1 t** Sea salt
- 1/4 t** Black pepper to taste

- 1 Mix all ingredients for the vinaigrette in a bowl until well blended
- 2 Add vinaigrette to salad & mix thoroughly
- 3 Refrigerate for at least 1 hour
- 4 Toss again right before serving

## NOTES

- 1 You can turn this into an entre by adding grilled salmon or chicken
- 2 You can keep in your refrigerator for 2 days

