

Edamame Succotash Salad

DESCRIPTION:

An easy and tasty vegetarian dish that packs a strong nutritional punch.

INGREDIENTS:

- 1 (16 oz.) package of frozen shelled edamame, thawed
- 2 cups corn kernels
- 1 medium yellow squash, chopped
- ½ cup sweet onion, chopped
- 1 medium zucchini, chopped
- 2 plum tomatoes, chopped
- 1 Tbsp. cider vinegar
- ½ tsp. Dijon mustard
- ¼ tsp. pepper
- 2 ½ Tbsp. extra virgin olive oil
- ¼ cup chopped fresh basil

DIRECTIONS:

1. Sauté onion in heated tablespoon of oil in large skillet over medium-high heat (approx. 3 minutes). Next, add corn kernels until lightly charred.
2. Add edamame, squash and zucchini, stirring occasionally until crisp-tender (approx. 5 minutes).
3. Transfer mixture to refrigerator to cool (approx. 45-60 minutes).
4. When mixture is cool, stir in tomatoes and basil.
5. Whisk together vinegar, mustard and pepper in a small bowl. Gradually whisk in remaining oil.
6. Pour dressing over salad, toss to coat.



NUTRITION INFO

Serving Size	1 ¼ cup
Servings per recipe	5
Calories	239
Fat	12g
Saturated Fat	2g
Sodium	84mg
Carbohydrates	25g
Fiber	6g
Sugar	11g
Protein	11g

FACT: Apple cider vinegar is a nutrient-packed fermented food that can help aid digestion.