



Black Bean Edamame Salad

Serves 8

Ingredients:

- 1 can (15 oz) black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1/2 cup edamame
- 1/2 cup chopped sweet red pepper
- 1/2 cup chopped green onion
- 1/3 cup chopped cilantro
- 2 tablespoons fresh lime juice
- 1 teaspoon cumin
- 1/2 teaspoon minced garlic
- 1 tablespoon vegetable oil

Directions: Remember to wash your hands!

1. Place black beans, corn, edamame, red pepper, green onion, and cilantro in mixing bowl.
2. In a small bowl, combine lime juice, cumin, garlic, and vegetable oil until well blended; pour over vegetables and combine thoroughly.
3. Chill before serving.
4. You can vary the kind of beans in this recipe. Try using garbanzo beans, pinto beans, or any other kind you like!

Nutrition Facts	
Serving Size 1/2 cup (93g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 8%	Vitamin C 30%
Calcium 4%	Iron 6%

Source: Charlene Patton, Kansas Soybean Commission, www.Kansassoybeans.com

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