

## Edamame Salad

4 Servings

3 cups	frozen edamame beans
1 teaspoon	avocado oil or grape seed oil
1 cup	corn, drained
½ cup	diced water chestnuts
½ cup	diced red bell pepper
¾ cup	chopped green onions
¼ cup	chopped cilantro
2 Tablespoons	50% reduced sodium soy sauce
1 ½ Tablespoons	rice vinegar
1 Tablespoon	sesame oil
2 teaspoons	honey
1 teaspoon	crushed garlic
½ teaspoon	minced ginger
1 teaspoon	toasted sesame seeds

1. Boil edamame until just bright green, about 3 minutes. Drain, rinse with cold water. Place beans in a serving bowl.
2. In a non-stick skillet with oil, saute corn until just browned, about 5 minutes. Add the corn to the edamame along with the water chestnuts, bell pepper, green onions and cilantro.
3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

**Reference:** Rose Reisman: The Complete Light Kitchen.