



# Edamame and Bean Salad



Where service *and savings* matter.

**SERVINGS:** 8

**INGREDIENTS:**

**NUTRITIONALS**

calories 80, calories from fat 25, total fat 2.5g, saturated fat 0g, trans fat 0g, cholesterol 0mg, sodium 360mg, total carbohydrate 9g, dietary fiber 3g, sugars 3g, protein 5g, vitamin A 10%, vitamin C 15%, calcium 4%, iron 6%

- 2 cups Seapoint Farms edamame (frozen, shelled)
- 2 green onions
- 16 oz can wax beans, drain and rinsed
- 2 tomatoes, diced
- 1 Tbsp chopped fresh basil
- 1 Tbsp rice vinegar
- 1 Tbsp fresh lime juice
- 1 tsp honey
- 1 tsp Dijon mustard
- 2 tsp olive oil
- ½ tsp salt
- ¼ tsp freshly ground black pepper

**DIRECTIONS:**

1. Cook edamame according to package directions; rinse until completely cooled under cold water. Drain well.
2. Trim green onions, and then thinly slice on the diagonal, including tender green tops.
3. In a large bowl, combine steamed edamame and wax beans, green onions, tomatoes and basil. Toss to mix evenly.
4. In a small bowl, combine vinegar, lime juice, honey and mustard. Whisk in olive oil.
5. Add dressing to vegetables, and toss to coat.
6. Season with salt and pepper and serve chilled or at room temperature.

Source: The New Mayo Clinic Cookbook

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## ★ Edamame and Bean Salad ★

# Shopping List

**PRODUCE:**

- 2 green onions
- 2 tomatoes
- 1 Tbsp fresh basil

**SPICES/SEASONINGS:**

- Salt
- Ground black pepper

**GROCERY/FROZEN/MISCELLANEOUS:**

- Shelled edamame, frozen
- 16 oz can wax beans
- Rice vinegar
- Lime juice
- Honey
- Dijon mustard
- Olive oil

FOLD