

RECIPE



EDAMAME & BLACK BEAN SALAD

INGREDIENTS:

- 1/4 cup low sodium soy sauce
- 2 tbsp orange juice
- 1 lime, zested and juiced
- 1 tbsp grated ginger
- 1 lg garlic clove, grated
- 1/4 tsp freshly ground black pepper
- 1 tbsp honey
- 1/2 cup vegetable oil
- 2 cups fresh or frozen shelled edamame, if frozen thawed
- (1) 15 oz can of black beans, drained and rinsed well
- 1/2 cup fresh or frozen corn kernels, if frozen thawed
- 1/2 large red bell pepper, finely chopped
- 2 scallions, chopped

DIRECTIONS:

To make the dressing start by getting a large mixing bowl. Combine the soy sauce, orange juice, lime zest and juice, ginger, garlic, pepper and honey. Whisk until the honey is dissolved. Slowly stream in the vegetable oil and continuously whisk the dressing until it comes together. Note: the dressing will not be thick but will have more of a watery consistency.

Once your dressing is ready, add the drained and rinsed black beans, edamame, corn, bell pepper and scallions to the bowl. Toss well and make sure all the ingredients are glazed with the dressing. Cover with saran wrap and let it stand for at least an hour to make sure all the flavors come together. You can toss it once or twice while it is standing to make sure the salad components and dressing really come together. The longer it sits the better it tastes.

This makes a great quick salad for lunch or as a side with some baked teriyaki salmon.

Serves: 4


