

Edamame Salad

Edamame (green soybeans), corn, cherry tomatoes and black beans combine to make a colorful salad with a light lime vinaigrette dressing.

INGREDIENTS:

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| 5 tablespoons red wine vinegar | 1 (1 pound) package frozen shelled edamame (green soybeans) |
| 3 tablespoons grape seed oil | 3 cups frozen corn kernels |
| 1/3 cup chopped fresh cilantro | 1 pint cherry tomatoes, quartered (or 1 red bell pepper), chopped |
| 2 limes, juiced | 4 green onions, thinly sliced |
| 1 teaspoon white sugar | 1 (15 ounce) can black beans, rinsed and drained |
| 3/4 teaspoon salt | |
| 2 cloves garlic, minced | |

DIRECTIONS:

1. In a large serving bowl, whisk together the red wine vinegar, grape seed oil, cilantro, lime juice, sugar, salt and garlic. Set aside.
2. Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in the cherry tomatoes (or peppers), green onions and black beans. Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.