

Edamame, Water Chestnuts and Red Pepper Salad with Sesame Dressing: makes 4 Servings

Make salad early in the day. Prep. Time: 10 minutes Cooking Time: 8 minutes

Ingredients:

3 cups (750 ml) frozen shelled edamame
1 cup (250 ml) corn
½ cup (125 ml) diced water chestnuts
½ cup (125 ml) diced red pepper
¼ cup (60 ml) chopped green onions
¼ cup (60 ml) chopped cilantro

Dressing:

2 tbsp (30 ml) low-sodium soy sauce
1 ½ tbsp (22.5 ml) rice vinegar
1 tbsp (15 ml) sesame oil
2 tsp (10 ml) honey
1 tsp (5ml) crushed garlic
½ tsp (2.5 ml) minced ginger
1 tsp (5 ml) toasted sesame seeds

Boil the edamame just until bright green (approx. 3 minutes). Drain and rinse with cold water; place in serving bowl.

In a nonstick skillet sprayed with vegetable oil, sauté the corn just until browned (approx. 5 minutes). Add to the edamame along with water chestnuts, bell pepper, green onions and cilantro.

Mix the soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over the salad.

Garnish with sesame seeds.

Edamame makes for a nutritious snack and can help stabilize your blood sugar. One half cup (125 ml) contains 125 calories, 3 grams of fat and 4 grams of protein.

Enjoy!

