




SUMMER BLAST SALAD

This chilled salad is an edamame feast! Edamame are soybeans harvested at the peak of ripening but before hardening. Full of protein, minerals and vitamins, this low-glycemic food is a must for your diabetes-free diet!

 10 minutes

 0 minutes

 4-6 servings

 1 cup

SALAD

2 large ears corn (or 2 cups frozen corn, thawed)
8 ounces (about 1 ½ cups) cherry tomatoes, halved
1 cup frozen shelled edamame, cooked
1 avocado, diced
¼ cup red onion, diced (*optional*)
handful fresh herb of choice (mint, cilantro, basil, dill), roughly chopped

DRESSING

2-3 tablespoons fresh lemon juice
pinch (or more) salt, to taste
1 clove garlic, minced (*optional*)

- 1 If using fresh corn, boil or steam ears of corn with water in a medium pot. Cook for 10 minutes or until tender. Drain and cool. Carefully cut kernels off the cob.
- 2 Add all salad ingredients into a large bowl. In a small bowl, whisk together dressing ingredients and pour over salad. Lightly toss to combine.
- 3 Chill in the refrigerator for an hour before serving.

Per 1-cup serving: 134 calories, 5.9g fat (0.7g saturated fat), 0mg cholesterol, 62mg sodium, 17.2g carbohydrate, 4.3g dietary fiber, 4.9g sugar, 6g protein

