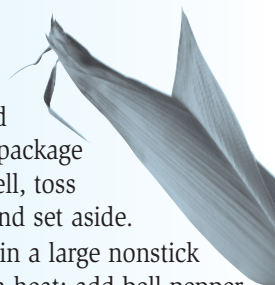


Corny Soybean Salad

- 1½ cups frozen *edamame* (uncooked soybeans)*
- ½ cup dry *small shell pasta*
- 2 tbsp *olive oil*
- ½ *red bell pepper*, diced
- ½ cup *sweet onion*, diced
- 2 cups *corn kernels* (about 4 ears)
- 2 tbsp *water*
- 2 tbsp *fresh lemon juice*
- 2 tbsp *fresh basil*, chopped
- ¼ tsp *red pepper flakes*
- ¼ cup *Parmesan cheese*, freshly grated

- ❶ Cook edamame and pasta according to package directions; drain well, toss with 1 tbsp of oil and set aside.
- ❷ Heat remaining oil in a large nonstick skillet over medium heat; add bell pepper and onion and cook about 2 minutes.
- ❸ Stir in corn, water, edamame and pasta; cook, stirring frequently for 4-5 minutes.
- ❹ Remove from heat and stir in lemon juice, basil and red pepper flakes. Grate Parmesan on top and serve immediately.



*Edamame (ed-ah-MAH-may): bright green uncooked soybeans - ½ cup is a meal in itself, with 8g protein, 9g complex carb, 4g fiber and 3g fat per 100 calories.

MAKES 6 1-CUP SERVINGS.

Per serving:

200 calories

11.6g protein

8.6g fat

23g carbs

4.7g fiber

95mg sodium