



Edamame Corn and Black Bean Salad

Jacob · 30/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 25 mins

Description

Edamame green soybeans corn black beans and gardenfresh cherry tomatoes are tossed in a cilantro lime vinaigrette in this colorful salad that makes a nice addition to any meal

Ingredients

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

Instructions

1. Make the vinaigrette: Whisk cilantro
2. vinegar
3. oil
4. lime juice
5. garlic
6. sugar
7. and salt together in a large bowl until well combined. Make the salad: Bring a large pot of lightly salted water to a boil. Add edamame and cook for 3 minutes. Add corn and cook for 1 more minute. Drain very well. Pour edamame and corn into the large bowl with vinaigrette
8. then add beans
9. cherry tomatoes
10. and green onions; gently mix until all ingredients are coated. Cover and refrigerate until flavors have blended
11. at least 2 hours.