

Edamame Bean Salad

Jacob · 30/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

12

Description

A quick and simple plantbased vegan salad that is great at room temperature or cold I make this proteinpacked dish for my kids school lunch 2 to 3 times a month I sometimes use small white beans when out of garbanzos and add avocado and/or cooked quinoa tomato or cucumber to change it up or stretch it It is great for picnics potlucks and kids school lunches and can be side or main dish served on a bed of spinach or in a wrap

Ingredients

- - 1 (16 ounce) package frozen corn - 1 sweet onion
- diced - 1 (16 ounce) package frozen shelled edamame (green soybeans) - 1 (15 ounce) can black beans
- rinsed and drained - 1 (15 ounce) can garbanzo beans
- drained - 1 (12 ounce) jar roasted red peppers
- drained and chopped - 1 teaspoon smoked sea salt - 1 teaspoon ground cumin - ¼ cup chopped fresh cilantro - 2 tablespoons freshly squeezed lime juice

Instructions

1. Heat a large nonstick skillet over medium-high heat. Add frozen corn; cook and stir until golden brown
2. stirring occasionally
3. about 5 minutes. Stir in diced onion; cook and stir until onion has softened and turned translucent
4. about 5 minutes. Stir edamame
5. black beans
6. garbanzo beans
7. roasted red pepper
8. sea salt and cumin into corn mixture; cook and stir until heated through
9. 3 to 5 minutes. Remove from heat. Add cilantro and lime juice; toss to combine. Cook's Note: Optional additions include diced ripe avocados
10. cooked quinoa
11. diced and seeded cucumber
12. diced sun-dried tomatoes
13. fresh diced tomatoes
14. or a can of diced fire-roasted tomatoes.