

Edamame Succotash

Ingredients:

- 1 1/2 cups frozen or fresh shelled edamame
- 1 tablespoon olive oil
- 1/2 cup red bell pepper, diced
- 1/4 cup onion, chopped
- 2 garlic cloves, minced
- 2 cups corn kernels, fresh or frozen
- 3 tablespoons water
- 2 tablespoons rice vinegar
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- 1/2 teaspoon salt
- Ground pepper to taste

Directions

1. Cook edamame in a large saucepan of lightly salted water until tender, about 4 minutes, or cook according to package directions.
2. Heat oil in a large skillet over medium heat.
3. Add bell pepper, onion, and garlic; cook about 2 minutes.
4. Stir in corn, water, and edamame; cook about 4 minutes.
5. Remove from heat.
6. Stir in vinegar, parsley, basil, salt, and pepper.

Nutrition Facts

Serving Size 3/4 Cup (103g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 6g

Vitamin A 15% • **Vitamin C** 35%

Calcium 4% • **Iron** 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

