



Anna Jones, MS, RD, LD

## **Edamame & Black Bean Salad**

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### **Ingredients:**

1 small red onion, chopped  
2 (12 ounce) packages frozen shelled edamame, thawed  
2 (15 ounce) cans black beans, drained and rinsed  
1 (14 ounce) can garbanzo beans, drained and rinsed  
1 red pepper, chopped  
1 yellow pepper, chopped  
3 Tablespoons chopped fresh Italian flat-leaf parsley  
3 Tablespoons grated fresh ginger root  
1 teaspoon garlic, minced  
1/2 cup seasoned rice vinegar  
2 Tablespoons low-sodium soy sauce  
1/3 cup extra virgin olive oil  
Juice of 1 lemon or lime  
salt and fresh ground pepper to taste

### **Directions:**

Add first 9 ingredients (onion through garlic) to large bowl. Mix together. In separate bowl, combine rice vinegar, soy sauce, olive oil, lemon or lime juice, salt, and pepper. Stir with a whisk. Add dressing to beans and vegetables. Mix gently. Chill for 8 hours or overnight.

Makes 12 (1/2 cup) servings

### **Nutrition Information:**

Calories: 230   Total Fat: 10 g   Saturated Fat: 1 g   Cholesterol: 0 mg  
Sodium: 153 mg   Carbohydrate: 18 g   Fiber: 8.8 g   Protein: 13 g