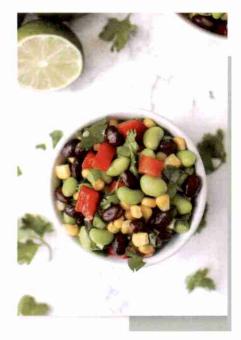
EDAMAME, CORN & BLACK BEAN SALAD

INGREDIENTS:

- · 1 cup edamame
- · 1 can black beans, drained and rinsed
- · 1 cup frozen corn, defrosted
- 1 cup halved cherry/diced plum tomatoes
- 1 avocado, diced
- · ½ cup scallions, thinly sliced
- · ½ bunch cilantro, chopped
- · 1 tbsp red wine vinegar or juice from one lime
- · 1 tsp hot sauce
- · Salt and pepper to taste

DIRECTIONS:

- Mix all together in a bowl except the avocado. Mix well.
 Add the avocado in last so it doesn't get mushy. Chill.
- Serve in a bowl straight up, add to a burrito or raw salad greens, or put atop a veggie burger!





NOURISH YOUR HEALTH THROUGH FOOD









