

Roasted Edamame and Fresh Corn

2 cups shelled edamame soybeans	1/4 teaspoon kosher salt
1/2 cup yellow sweet corn	1/4 teaspoon ground black pepper
1/4 cup chopped green onion	1 cup chopped fresh tomatoes
1/2 teaspoon crushed garlic	1/4 cup basil, chopped
1 Tablespoon extra virgin olive oil	1 Tablespoon red wine vinegar

Preheat oven to 400 degrees F.

Place edamame, corn, onion, garlic, olive oil, salt and pepper into a 13 x 9 pan and stir to combine. Place on middle rack of the oven and roast for 10 to 15 minutes, just until the edamame begins to brown. Remove from oven and place in refrigerator until completely cool, approximately 30 minutes.

Add tomato, basil and vinegar to mixture and toss to combine. Taste; adjust seasoning as needed. Serve chilled or at room temperature.

Serves: 5

Cost per serving: \$1.42

Nutrition facts per serving

Calories: 160

Total Fat: 7 g

Saturated Fat: 0.5 g

Trans Fat: 0 g

Cholesterol: 0 mg

Sodium: 160 mg

Total Carbohydrate: 15 g

Fiber: 5 g

Protein: 9 g



TEXAS DIABETES
COUNCIL