

Makes 9 cups

Total time 20 min



Bean, Corn, and Tomato Salad

Summer tastes like this toss-together bean and herb salad. Juicy tomatoes and naturally sweet corn perk up the visual (and taste bud) appeal.

Ingredients:

- 4 ears fresh corn
- 2 pints grape and/or cherry tomatoes, halved if desired
- 1 15 oz. can chickpeas, rinsed and drained
- 1 1/2 cups frozen shelled edamame, thawed
- 1/2 cup finely chopped red onion
- 1/4 cup olive oil
- 1/4 cup cider vinegar
- 1 tsp. honey
- 1/3 cup torn fresh mint leaves
- 1/3 cup torn fresh basil leaves

Directions:

1. For salad: Remove husks from corn. Scrub with a stiff brush to remove silks; rinse. Cut kernels from cobs; place in a serving bowl. Add tomatoes, chickpeas, edamame, and red onion.
2. For dressing: In a screw-top jar combine oil, vinegar, honey, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Cover; shake well. Pour dressing over salad; toss. Top with mint and basil.
3. Refrigerate the salad and dressing separately in airtight containers up to 24 hours. Add dressing and herbs just before serving.

Nutrition Facts (per serving): • 86kcal • 4g fat (1g sat. fat, 1g polyunsat., 3g monounsat) • 0mg chol • 64mg sodium • 10g carb • 3g fiber • 3g sugar • 3g protein