

Edamame & Mango Salad



Ingredients:

- 2 cups (500ml) shelled edamame,
- 1 ripe mango, peeled and diced
- 1 large tomato, chopped
- 1 sweet pepper (red, yellow or orange), diced
- ½ small red onion, diced
- ¼ cup (60ml) chopped fresh cilantro
- 2 tbsp (30 ml) freshly squeezed lime juice
- 1 tbsp (15ml) olive oil
- ¾ tsp (3.75ml) salt
- ¼ tsp (1.25ml) freshly ground black pepper

Preparation:

- 1- Prepare edamame as per package directions if frozen or boil for 5 minutes; drain and rinse under cold water.
- 2- Transfer to a large bowl and stir in all other ingredients. Mix well.

Notes:

- Feel free to substitute parsley for the cilantro.
- A tasty substitution for the edamame would be canned black beans; make sure to rinse them thoroughly and reduce the additional salt.
- For a nice kick, add a finely chopped jalapeno pepper.
- Recipe adapted from Prevention magazine ~ October 2007

