



## 000643 - CORN & EDAMAME SALAD

Source: CHEF V

Number of Portions: 13

Size of Portion: 1/2 CUP

### Components:

Meat/Alt:  
Grains:  
Fruit:  
Vegetable: 0.5 cup  
Milk:

### Recipe Subgroups:

Vegetable, Other

### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
902838 EDAMAME, SHELLED, FROZEN..... 011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL.... 011821 PEPPERS, BELL, SWEET, RED, RAW..... 011215 GARLIC,RAW..... 002044 BASIL,FRESH.....	1 lb 2 cups 1/2 CUP (chopped) 1 clove 2 TBSP (chopped)	<b>To Prepare:</b> 1. Steam edamame for 4 minutes until bright green and tender. Drain and rinse under cold water. 2. Clean bell pepper and dice. 3. Chop garlic. 4. Clean basil and chop.  <b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b>
004053 OIL,OLIVE,SALAD OR COOKING..... 902837 VINEGAR, RED WINE..... 902839 SPICES,ITALIAN HERBS,DRIED..... 902826 SALT, KOSHER..... 002030 PEPPER,BLACK.....	3 Tbsp 1/4 cup 1 TBSP (leaves) 1/8 tsp 1/8 TSP (ground)	5. Make dressing by whisking together olive oil, vinegar, garlic, Italian herbs, salt, and pepper. 6. Combine dressing with edamame, corn, red bell pepper, and basil. 7. Refrigerate at least 1 hour to allow flavors to blend.  <b>To Serve:</b> 1. Serve 1/2 cup corn & edamame salad to each customer. <b>CCP: Hold for cold service at 41° F or lower.</b>  <b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b> <b>CCP: Refrigerate until served.</b>

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	89 kcal	Cholesterol	0 mg	Protein	4.32 g	Calcium	27.52 mg	51.10%	Calories from Total Fat
Total Fat	5.07 g	Sodium	70 mg	Vitamin A	39.8 RE	Iron	1.10 mg	4.80%	Calories from Saturated Fat
Saturated Fat	0.48 g	Carbohydrates	8.00 g	Vitamin A	213.6 IU	Water <sup>1</sup>	25.44 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	2.35 g	Vitamin C	11.3 mg	Ash <sup>1</sup>	0.34 g	35.81%	Calories from Carbohydrates
								19.34%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO
YES = Present    NO = Absent    ? = Undefined							