



COOL CORN & EDAMAME SALAD

SERVINGS: 50 SERVINGS CALORIES: 209 KCAL

A bright and healthy summer salad of corn and edamame tossed in a light oil based dressing.

INGREDIENTS

4 pounds 12 ounces Edamame cooked, shelled (shell removed), drained (thawed if frozen)

2 pounds 12 ounces Pepper, bell, green or red variety diced, fresh

OR

2 pounds 4 ounces Pepper, bell, green or red variety, diced, frozen

4 pounds 8 ounces Corn thawed (if using frozen)

5 pounds 4 ounces Peas tempered (thawed if frozen)

3 pounds 12 ounces Cranberries dried

1/2-1 each Onion, red minced

1 cup Oil, olive or vegetable

1 cup Vinegar, red

1-1/2 tablespoons Parsley dried

1 tablespoon Salt

1 tablespoon Pepper, black

1 tablespoon Basil dried

1 tablespoon Garlic powder

RECIPE NOTES

Serving Size: 1 cup

Yield 50 servings

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Portion 1 cup of the edamame salad onto the plate or pre-portion into bowls.

Crediting: 1 meat/meat alternates, 1/2 cup starchy vegetable, 1/8 cup other vegetable and 1/4 cup fruit.

NUTRITION FACTS PER SERVING (1CUP)

Calories: 209 kcal | Fat: 7 g | Saturated fat: 1 g | Polyunsaturated fat: 2 g | Monounsaturated fat: 4 g | Sodium: 153 mg | Carbohydrates: 33 g | Fiber: 7 g | Sugar: 16 g | Protein: 8 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.