

# Cool Corn & Edamame Salad

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Edamame, shelled, cooked, drained	4 lbs. 12 oz. <b>OR</b>	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 8 oz. <b>OR</b>	1 $\frac{1}{2}$ gallons + 1 cup
Pepper, bell, green or red variety, diced, fresh <b>OR</b> Pepper, bell, green or red variety, diced, frozen	2 lbs. 12 oz. <b>OR</b> 2 lbs. 4 oz.	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. <b>OR</b> 4 lbs. 8 oz.	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Corn, tempered	4 lbs. 8 oz. <b>OR</b>	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 4 oz. <b>OR</b>	1 $\frac{1}{2}$ gallons + 1 cup
Peas, tempered	5 lbs. 4 oz. <b>OR</b>	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	10 lbs. 8 oz. <b>OR</b>	1 $\frac{1}{2}$ gallons + 1 cup
Cranberries, dried	3 lbs. 12 oz.		7 lbs. 8 oz.	
Onion, red, minced		$\frac{1}{2}$ - 1 Each		1 - 2 Each
Oil, olive or vegetable		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parsley, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Pepper, black		1 Tbsp.		2 Tbsp.
Basil, dried		1 Tbsp.		2 Tbsp.
Garlic powder		1 Tbsp.		2 Tbsp.

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

## Preparation- Done Day Before

1. Combine edamame, corn, peas, onion and cranberries in a bowl.
2. Stir olive oil, vinegar, and seasonings into edamame mixture.
3. Store in airtight container in cooler overnight.

*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.

Each serving provides 1 meat/meat alternates,  $\frac{1}{2}$  cup starchy vegetable,  $\frac{1}{8}$  cup other vegetable and  $\frac{1}{4}$  cup fruit.

## Nutrition Information \*From USDA Nutrient Database

Calories: 209 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 33g (7g Fiber) Protein: 8g Sodium: 153mg