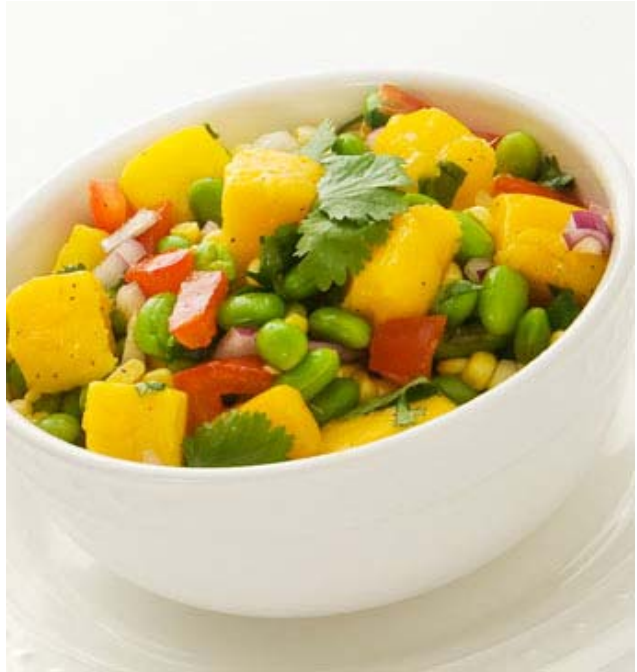


Corn, Mango and Edamame Salad

Ingredients:

- 2 cups frozen edamame (soy beans)
- 1 ½ cup fresh corn kernels
- 1 ½ cup mango cubes
- 1 cup chopped tomato
- ½ cup chopped red onion
- 1 tbsp. extra virgin olive oil
- 1 tbsp. fresh lime juice
- ¾ tsp. salt
- ¼ tsp. ground pepper



| Nutrition Facts | | | |
|--|-----------|----------------------|------------|
| Serving Size 1 cup (227g) | | | |
| Servings Per Container 5 | | | |
| Amount Per Serving | | | |
| Calories 200 | | Calories from Fat 60 | |
| | | % Daily Value* | |
| Total Fat 6g | | | 9% |
| Saturated Fat 0.5g | | | 3% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 380mg | | | 16% |
| Total Carbohydrate 29g | | | 10% |
| Dietary Fiber 5g | | | 20% |
| Sugars 6g | | | |
| Protein 8g | | | |
| Vitamin A 40% • Vitamin C 35% | | | |
| Calcium 4% • Iron 10% | | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |



Directions:

1. Defrost soy beans. Drain and rinse under cold water. Transfer to large bowl.
2. Stir in corn, mango, tomato, onion, oil, lime juice, salt and pepper. Toss well.
3. Let stand 20 minutes before serving.