

ZESTY THREE BEAN EDAMAME SALAD

DIRECTIONS:

1. Prepare shelled soybeans according to package directions. Drain in a colander and rinse with cold water.
2. In a large bowl combine cooked soybeans, kidney beans, garbanzo beans, onion, and cilantro.
3. In a small bowl whisk together olive oil, garlic, salt and pepper, lemon juice and zest. Pour over bean mixture and toss to coat.
4. Cover and refrigerate leftovers for up to 24 hours. Stir well before serving.

Recipe Adapted from <http://www.bhg.com/recipe/salads/zesty-three-bean-salad/>

YOU WILL NEED:

- 2 cups frozen soybeans (edamame)
- 1 (15 oz.) can kidney beans, drained
- 1 (15 oz.) can garbanzo beans, drained
- ½ teaspoon minced garlic
- ½ cup red onion, thinly sliced
- ½ cup fresh cilantro, chopped
- salt and pepper to taste
- ¼ cup olive oil
- juice and zest of one lemon



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