



EDAMAME SALAD

Courtesy of: Emily Massey



Method:

1. Thaw edamame beans, set aside in a bowl
2. Drain corn kernels
3. Chop cherry tomatoes into quarters
4. Dice cucumber and onion
5. Combine all ingredients in a bowl and EAT!

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Ingredients:

- 200g edamame beans
- 1 x 410g corn kernels
- 1 x 200g punnet cherry tomatoes
- 1 x Lebanese cucumber
- ½ red onion

Nutrition Information

1 serve = approx 150g salad

Nutrient	Per serve
Energy	396 kJ
Protein	4.5 g
Fat	2.2 g
Carbohydrate	12 g
Fibre	3.9 g

HOT TIPS



Edamame is a fantastic and under-utilised protein source, particularly for athletes who eat a plant based diet, as the beans contain all essential amino acids. Alongside the high fibre content of the corn, this salad makes for a satiating snack or a great accompaniment to a meal.