

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 and drained	4 lb 12 oz		9 lb 8 oz	
Pepper, bell, green or red variety, diced, fresh or frozen	2 lb 4 oz		4 lb 8 oz	
Corn, frozen, thawed	4 lb 8 oz		9 lb 4 oz	
Peas, frozen, thawed	5 lb 4 oz		10 lb 8 oz	
Cranberries, dried	3 lb 12 oz		7 lb 8 oz	
Onion, red, minced		½ - 1 Each		1 - 2 Each
Olive or Vegetable Oil		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parsley, dried		1 ½ 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, ½ cup starchy vegetable, 1/8 cup other vegetable and ¼ cup fruit.

Nutrition Information *From USDA Nutrient Database

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