



Easy Edamame Salad

16 ounces of frozen shelled edamame

15 ounces of black beans, drained and rinsed

15 ounces of corn kernels, drained

1 cup of halved cherry tomatoes

1 large ripe avocado, pitted and diced

½ cup of finely chopped red onion

¼ cup of minced cilantro

Juice of one lime

1 teaspoon salt

Instructions:

Cook edamame per package instructions. In a large bowl, combine all the ingredients and mix thoroughly. Chill in the refrigerator overnight, or for at least an hour.

Recipe from Plant-Based on a Budget

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