

# Greek Edamame Salad

## Servings: 12

*16 ounces Soybeans, thawed and shelled*

*1 cup Cucumber, chopped*

*1 cup Zucchini, chopped*

*1 cup Red Pepper, chopped*

*1 cup Yellow Pepper, chopped*

*8 ounces Feta Cheese, crumbled*

*1/2 cup Red Onion, diced*

*1 tablespoon Greek Seasoning, add to taste*

Thaw Edamame (Soybeans) and drain

Dice Vegetables

Add any other vegetables that you want - Clean out your fridge! Green onion, carrots, celery, avocado, etc

Add seasoning to taste

This is best the next day!

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Per Serving (excluding unknown items): 219 Calories; 12g Fat (45.1% calories from fat); 17g Protein; 15g Carbohydrate; 4g Dietary Fiber; 17mg Cholesterol; 213mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat.