

Edaname-Corn Salad*

Vital Vittles Cookbook
by Heather Leno

serves 8-10

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| 1 (12-oz.) pkg frozen shelled green soybeans | THAW corn and soybeans. |
| 1 (16-oz.) pkg frozen sweet white corn | MIX all ingredients together with dressing. |
| 1 c. jicama, diced ¼-inch | CHILL and SERVE . |
| OR 1 can diced water chestnuts | |
| ⅔ c. celery, chopped | |
| ½ c. sweet red pepper, diced | |
| ⅓ c. green onion, ¼-inch slices | |
| 1 T. minced fresh parsley | |

Dressing

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|------------------------|-----------------------------------|
| 5 T. fresh lemon juice | COMBINE these ingredients. |
| 1 T. honey | |
| 1½ t. salt | |
| ¼ t. garlic powder | |
| ¼ t. sweet basil | |
| ⅛ t. dried dill weed | |

*This salad makes a great lunch on-the-go.
It is a whole meal in one.*

*This is a variation of Green Soy Salad from Depression the Way Out by Neil Nedley, M.D. Used by permission.