



### **Healthy Harvest Red Grape Edamame Bean Salad**

- 1 16 ounce pkg. frozen, shelled edamame
- 1/3 cup olive oil
- 2 teaspoons cumin
- 1 teaspoon salt
- 2 limes, zest and lime juice
- 1/2 teaspoon black pepper
- 1 (15 oz.) can black beans, drained, rinsed
- 1 (15 oz.) can black eyed peas; drained rinsed
- 1 (15 oz.) can red beans, drained, rinsed
- 1 medium chopped red onion
- 1-1/3 cup sliced celery
- 2/3 cup fresh cilantro, chopped
- 3 cups seedless red grapes, (halved if large)
- 1 large Boston leaf lettuce or as desired

Cook edamame in boiling water for 4 to 5 minutes. Drain well and rinse under cold water. Place in 12 cup serving bowl; set aside.

Heat the oil and cumin in 10 inch skillet over medium/low heat, stirring until toasty brown color about 2 to 3 minutes; stir in salt and black pepper; remove from heat; stir in 1/3 cup lime juice.

Add the lime zest, black beans, peas, red beans, onion, celery, and cilantro to the edamame in bowl. Toss lightly to combine. Cut any large grapes in half; add grapes to beans; drizzle with the prepared lime juice oil dressing; gently toss to coat. Let stand at room temperature for about 15 minutes to blend the flavors. Garnish serving plates with about 3 lettuce leaves; spoon 2 cups of bean mixture over each serving plate. Toss and serve as vegetarian main course or salad Yield: 12 cups Serves: 6

About the recipe:

### Healthy Harvest Red Grape Edamame Bean Salad

Combine the best. Toss protein rich beans with fresh lime juice, add the intoxicating sweetness of ruby red grapes, and you will have healthy sunshine on your plate.





