

Edamame Salad

Ingredients

2 cups fresh green soybeans or edamame
1/2 (one-half) cup finely chopped celery
1/4 (one-quarter) cup chopped green pepper
1 large tomato, diced
1/3 cup low-fat French dressing

Method

In a large bowl, combine the soybeans, celery, green pepper, tomato and dressing. Toss just before serving on a bed of lettuce greens. Yields four servings.