

Asian Corn Salad

Ingredients

- 1/2 cup frozen green peas
- 2-1/2 cups frozen corn
- 3 tbsp red onion, chopped
- 3 tbsp red bell peppers, chopped
- 2-1/2 tbsp rice wine vinegar
- 1/2 tsp sugar
- 2 tsp soy sauce, low sodium
- 1-1/2 tsp sambal oelek chili sauce
- 5 tbsp vegetable oil
- 1-3/4 tsp sesame oil



Directions

1. Place peas, corn, onions, and peppers in a 12 x 20 inch pan and steam for 7 minutes or until internal temperature reaches 165°F.
2. In blender, place vinegar, sugar, soy sauce, and sambal and blend until well mixed.
3. Stream in oils slowly until mixture is emulsified and smooth.
4. Pour vinaigrette over vegetables.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 256 calories, 18.9 g fat, 2.77 g saturated fat, 99 mg sodium, 21.59 g carbohydrate, 3.02 g fiber, 2.9 g sugar, 3.68 g protein