

# MFit Autumn Harvest Corn, Tomato, & Edamame Salad

**Servings: 6**

1 cup shelled edamame  
1 cup fresh corn kernels, scraped off the cob  
6 kalamata olives, quartered  
12 cherry tomatoes, halved  
1 cup arugula leaves, coarsely chopped  
6 cups spinach (baby spinach) thoroughly washed & spun dry  
1 cup Belgian endive, thinly sliced (optional)  
 $\frac{1}{4}$  cup Parmesan cheese, shavings

Bring 2 cups of water to a boil in a small saucepan. Add edamame and boil 5 minutes. Add corn, return the water to a boil. Remove from heat, drain and plunge into cold water to retain their color. Drain when cool.

Combine all ingredients into a large salad bowl and toss with Sherry Honey Vinaigrette (see separate recipe). Serve garnished with shavings of freshly grated Parmesan cheese.

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Per Serving: 97 Calories; 3g Fat (29.9% calories from fat); 7 g Protein; 12g Carbohydrate; 3mg Cholesterol; 154 mg Sodium; 5g Dietary Fiber. Exchanges:  $\frac{1}{2}$  Grain (Starch); 0 Lean Meat;  $\frac{1}{2}$  Vegetable; 0 Fruit;  $\frac{1}{2}$  Fat.