

Tastemasters mini-lesson – Spring 2019

Roasted Corn Edamame Salad – Talking Points/Fun Facts

- The salad contains: Edamame, Roasted Corn, Red and Green Peppers, Onion, and a vinaigrette made of rice vinegar, canola oil, ginger, garlic, soy sauce, salt and pepper and brown sugar.
- One acre of soybeans can produce 82,368 crayons
- Edamame/Soybeans is one of the few plant sources that makes a complete protein (just like eating meat).
 - Protein is important for every cell in your body. You need to get enough protein to preserve and build muscles.
- The veggies from this salad all contain fiber!
 - Fiber helps with digestion, and also helps you stay full for longer by slowing down the speed that food is moving through your body.
- The word edamame means “beans on a branch”

Why do we use roasted corn?

- Roasting corn will create a deeper, more intense flavor
 - Flavor “layers” of corn, smoke, and caramel
 - Can you notice a difference?