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?