Edamame, corn and lime snack cups

Chilled snack prep card • Free, no signup or purchase.

Prepare the beans

Cook 1 cup shelled edamame according to its package and cool promptly. Use cooked corn; thaw frozen corn using its package directions rather than assuming it is ready to eat.

Mix the snack

Combine the cooled edamame with 1/2 cup corn, 1 tablespoon lime juice and 1 teaspoon olive oil. Add chopped cilantro if wanted. Taste before adding salt.

Portion cold

Divide into clean small food-safe containers and refrigerate. Mark the date and soy allergen. For transport use an insulated bag with cold sources; the deli cup alone does not keep food cold.

Important

Use the serving-layout worksheet alongside your chosen published recipe. Check ingredients and allergens. Refrigerate perishable food promptly; for transport without refrigeration use an insulated bag and at least two cold sources. Follow the current food-safety source below. No shelf-life or health benefit is established.

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Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE