

January Vegetable - Edamame

Fun Facts

~ Edamame is rich in protein, vitamin K, and folate

~ The word edamame means “beans on a branch”

~ Edamame dates to more than 2200 years ago where it was discovered in Asia

~ It is considered an immature soybean, also called “soya” bean

~ Edamame is one of the only vegetables that contains all 9 of the amino acids, which makes it a “complete” protein source



Edamame Bean Dip

Ingredients:

- 1 bag frozen, steamable edamame (shelled)
- 1 large lemon, cut in half and juiced
- 1 green onion, finely chopped
- 2 tablespoons olive oil
- ½ cup warm water
- 1 teaspoon salt
- 2 tablespoon low-fat plain yogurt
- pita bread and/or fresh vegetables

Instructions:

1. Cook edamame in the microwave according to package directions.
2. Mix all ingredients in a blender or in a large bowl and blend or mash until creamy.
3. If mixture is dry, add more water or lemon juice a teaspoon at a time until smooth and creamy.
4. Serve as dip with pita bread and/or fresh veggies (cucumbers, carrots, celery) or use as a spread on sandwiches and wraps.

Nutritional Information:

Amount per serving: 144 calories;
Carbohydrate: 9g; Fat: 9g; Protein: 7g; Dietary fiber: 3g

Recipe credit:

Contributed by North Texas Food Bank & <https://goodfoodgoodmove.yourtexasbenefits.com/recipes-and-cooking-basics/recipes/edamame-bean-dip>



Edamame on the salad bar!

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