

Enjoy Edamame

A young form of soybeans which are cooked and eaten as is or in a variety of dishes. Edamame has a mild, buttery flavor and is rich in protein, antioxidants, and fiber.

ON TOAST

Blend cooked, shelled edamame with olive oil, garlic, and fresh herbs. Smear on slices of toast with a pinch of salt and black pepper.

PROTEIN PUNCH

Add a handful of cooked edamame to any kind of salad or veggie stir-fry to boost the protein.

SIMPLE DOES IT

Add a sprinkle of salt, black pepper, and a dash of hot sauce to a bowl of cooked edamame.

