



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Soybean Hummus

Adapted from Cooking Light

1 cup shelled, frozen edamame (soybeans)
3 tbsp olive oil
2 tbsp freshly squeezed lemon juice
1 tsp kosher salt
1 garlic clove, minced
dash of Tabasco (or more, to taste)
2 tbsp chopped flat-leaf parsley

Instructions:

In a small saucepan with water, add edamame; bring to a boil, reduce heat and simmer for 10 minutes (or until beans are tender). Place in a colander and drain.

In a food processor or blender, combine edamame with olive oil, juice, salt, garlic, Tabasco, and parsley. Puree until smooth.

Notes:

-Serve with vegetables or whole wheat pita.

Yield: 9 servings



NUTRITION INFORMATION PER SERVING (~2 tbsp):

CALORIES: 65 calories

PROTEIN: 2 g

SODIUM: 270 mg

CARBOHYDRATE: 2 g

FIBER: 1 g

FAT: 5 g

SAT FAT: 1 g