

EDAMAME HUMMUS

Adapted from Cooking Light

Ingredients

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

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, and Tabasco. Puree until smooth. Top with parsley, if desired.

Yield: 9 servings

NUTRITION FACTS PER SERVING (ABOUT 2 TABLESPOONS)

CALORIES: 70

PROTEIN: 2 grams

SODIUM: 270 milligrams

CARBOHYDRATE: 2 grams

FIBER: 1 gram

FAT: 5 grams

SATURATED FAT: 1 gram