



ON THE MENU: EDAMAME



THE NUTRITION

Protein source: 1 cup has 24 grams of protein. That's more than a 3 oz chicken breast!

High in soluble fiber: which reduces your risk of heart disease.

Magnesium source: maintains normal nerve and muscle function.

THE USES

Crunchy snack: ditch the chips and snack on dry roasted edamame.

Post workout snack: pair with fruit to refuel after a session.

Salad addition: sprinkle on top for a protein boost.

Meatless Monday: use as a protein source instead of meat.

DRY ROASTED EDAMAME

Makes: 8 servings

Serving size: 1/4 cup

Ingredients:

- 2 cups frozen shelled edamame, thawed
- 1 tsp. chili powder
- 1/2 tsp. dried basil
- 1/2 tsp. onion powder
- 1/2 tsp. cumin

Directions:

1. Preheat oven to 375 degrees.
2. Mix thawed edamame with dry seasoning in a bowl.
3. Bake uncovered for about 45 minutes or until crispy.

Nutrition information per serving:

75 calories, 5 grams of carbohydrate, 6 grams of protein, 3 grams of fat, 4 grams of fiber, 2 grams sugar, 19 mg sodium