

Edamame



Edamame is a fun word to say and is another name for the immature green soybean. Like other legumes, they are an excellent source of fiber; a half-cup providing as much fiber as four slices of whole wheat bread. They are an excellent source of protein and a good source of iron. They are also a good source of B vitamins needed for healthy production of red blood cells.

Did you know that children who try new healthy foods, and are willing to try the food again, are more likely to choose these foods? This week we tasted edamame that were washed and served...and the students thought they were delicious! Here is another way to serve edamame.

Roasted Cheesy Edamame

Ingredients:

- 1 12-ounce package of frozen edamame beans, defrosted
- 1 tablespoon vegetable or olive oil
- 1/4 cup grated parmesan cheese

Preparation:

1. Pour the defrosted edamame beans in a 9" x 12" baking dish.
2. Pour the oil over the edamame and toss lightly.
3. Sprinkle the cheese over the edamame.
4. Bake at 400 degrees for 15 minutes.
5. Toss and serve.

Optional: Omit cheese and after baking sprinkle with salt, chili powder, or paprika.



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