

Edamame Hummus



Makes:

6 servings, $1\frac{1}{4}$ cup each (60 g each)

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

3 Qt./2.8 L Perforated Basket

Rate Recipe:

Select rating Give Edamame Hummus 1/5 Give Edamame Hummus

2/5 Give Edamame Hummus 3/5 Give Edamame Hummus 4/5

Give Edamame Hummus 5/5

Contributed By:

Janet Potts, RD, LD

[Write a Review](#)

Recipe Description:

Edamame is a large-seeded green vegetable soybean that can be served in the pod as a snack to be eaten in a manner similar to shelling peanuts. This healthy snack has a sweet, nutty flavor and is high in fiber, protein and numerous minerals.

$1\frac{1}{2}$
pound, about $1\frac{1}{2}$ cup
edamame (green soy beans), shelled
(233
g)

$1\frac{1}{4}$
cup
tahini (sesame paste)
(60
g)

$1\frac{1}{4}$
cup
water
(60
mL)

1
teaspoon
lemon zest
(5
mL)

3
tablespoons
lemon juice
(45
mL)

2
cloves
garlic, minces
(2.5
mL)¹_{?²}

teaspoons
salt
(2.5
mL)¹_{?²}

teaspoon
ground cumin
(2.5
mL)

1
tablespoons
cilantro, chopped
(15
mL)

1-2
tablespoons
olive oil
(15-30
mL)

Directions:

1. Place about 3 inches water in 3 quart pan and place edamame in 3 quart steamer inset. Bring water to a boil water, cover and cook for 4 to 5 minutes. (or place frozen edamame in any skillet, cover and cook over medium-low heat 3 to 4 minutes, stirring occasionally).
2. Transfer cooked edamame to an electric food processor and process 30 seconds. Add all remaining ingredients except olive oil. Process until smooth. While motor is running, slowly add in olive oil and blend until oil is absorbed.

Tips:

- Serve with raw baby carrots, cucumber slices, toasted pita bread or bagel chips.
- Excellent to use in tortilla vegetarian wraps.

Nutritional Information per Serving

Calories:

128

Total Fat:

10g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

209mg

Total Carbs:

6g

Dietary Fiber:

3g

Sugar:

1g

Protein:

6g