



Edamame Hummus

You can serve the hummus as a dip or a spread for sandwiches.

<u>U.S.</u>		<u>Metric</u>
12 oz	Edamame, Frozen, shelled	340.2 g
2 small	Garlic Cloves, peeled	2 small
1/2 cup	Tahini	240 g
1/4 cup	Lemon Juice	59.2 ml
3 Tbsp	Olive Oil	45 ml
3/4 tsp	Salt	4.2 g
1/2 tsp	Black Pepper	2.4 g
1 tsp	Cumin	4.7 g
1/2 tsp	Coriander	2.4 g
1/8 tsp	Cayenne Pepper	0.6 g

Preparation:

1. Gather all ingredients and equipment.
2. Place the edamame in a large pot and fill it with water, or place in a steamer over boiling water.
3. Cook the edamame until tender, about 5 minutes. Drain the edamame in a colander and cool under running cold water.
4. Once cooled, place the edamame with the remaining ingredients in a food processor or blender and blend until smooth. Serve and enjoy, or reserve for later. This should keep 5-7 days in the refrigerator.

Nutrition Facts	
Serving size	2 Tbsp
Servings	12
Calories	132
Calories from Fat	90
Total Fat	10 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	153 mg
Carbohydrates	7 g
Dietary Fiber	2 g
Sugars	1 g
Protein	5 g
Vitamin A	2 %
Calcium	3 %
Vitamin C	7 %
Iron	6 %
Phosphorus	0 mg
