

APRIL IS NATIONAL SOYFOODS MONTH

Edamame Hummus

Recipes provided by...

Soybeans
Nebraska Soybean Board



Green Vegetable Soybeans (Edamame)

These large soybeans are harvested when the beans are still green and sweet tasting.

INGREDIENTS...

- 2 cups edamame, shelled and cooked according to package directions
- 1/4 cup soybean oil
- 3 Tbsp lemon juice
- 2 tsp chopped garlic
- 3/4 tsp ground cumin
- 1/2 tsp salt

Puree edamame, oil, lemon juice, garlic, cumin and salt in food processor for 30 seconds, scraping sides twice, until almost smooth. Cover and refrigerate until ready to serve. Serve with pita triangles, crackers, baguette or raw vegetables.

Yield: 2 1/2 cups

Per 2 Tbsp serving:

Calories:.....	60
Total fat:.....	5 g
Saturated fat:.....	0 g
Cholesterol:.....	0 mg
Sodium:.....	90 mg
Carbohydrate:.....	3 g
Protein:.....	2 g
Soy Protein:.....	2 g
Dietary Fiber:.....	1 g

Soybean Tip...

Green soybeans are sold frozen in the pod and shelled. They are high in protein and fiber and contain no cholesterol.

nebrasCASoybeans.org

For more enjoyable soy recipes call 800-852-BEAN