



Recipes

Savory Snacks

Sautéed Edamame

Prep Time: 5 minutes

Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

2 cups shelled edamame (get them pre-shelled in the frozen section)

1 tablespoon olive oil

½ teaspoons sea salt

Juice of 1 lemon

2 tablespoons chopped cilantro

Black pepper to taste

Directions:

1. Cook edamame in boiling water for 10 minutes.
2. Drain beans and chill in the fridge for 10 minutes.
3. Heat oil in a large sauté pan and sauté beans with salt for 5 minutes.
4. Add lemon juice, cilantro and salt to taste.
5. Mix well and serve hot.