

steamed edamame

*Edamame are green, young soybeans.
They are packed with protein, fiber, vitamins and minerals!*

Kids like edamame when they are tender,
slightly crunchy and have a mild flavor!

Steam edamame in the microwave:

1. Place 1 pound of frozen edamame, ¼ cup water and ½ teaspoon salt in a microwave safe bowl.
2. Cover with a paper towel. Microwave for 4 to 6 minutes.
3. Drain excess water. Let cool before serving.

Ways to eat edamame:

- Mash and serve soft beans as a finger food snack for toddlers and preschoolers.
- Toss with whole grain noodles or rice and a sprinkle of Parmesan cheese.
- Add as a topping to your salad.
- Add to a vegetable stir fry.

Find a bag of shelled edamame by the frozen vegetables in the grocery store.

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