

Wok Charred Edamame 2-ways

NUMBER OF SERVINGS: 16

Ingredients

- Soybean oil 2 Tbsp (30 mL)
- Edamame, in-shell, thawed 4 cups

Directions

1. Heat soybean oil over high heat in a wok or skillet.
2. Add edamame, sauté for 3 to 5 minutes, stirring constantly, until pods begin to lightly char. Remove and season as desired.

Seasoning

Soy Ginger Edamame

Season with 1 Tbsp soy sauce, 2 tsps fresh ginger and 1 tsp sesame seeds.

Maple Balsamic Edamame

Season with 2 Tbsps maple syrup, 1 Tbsp balsamic vinegar and 1 tsp sea salt.



Soy is a high quality plant protein that is a great option to help older adults add variety to their diet while increasing their protein intake.



If these seasonings do not suit your liking, add your favourite seasoning to the batch of edamame for a tasty snack.



Greg is a soybean farmer from Harrow, ON. "My ancestors first settled the land in the 1800's and my family has been growing soybeans since the 1950's. Soybeans are a rewarding crop to grow as they respond very well to management and adapt to changing weather from year to year."

NUTRITION PER SERVING

Calories 90 | Protein 4 g | Fat 3g | Carbohydrates 5 g | Fibre 2 g | Sodium 15 mg

Snacks



Recipe
and photo
provided by:



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