



Heart Month | Heart Healthy Recipe

Thai Sesame Edamame — Appetizer

3 Tbsp water
12 oz edamame, frozen, “in-shell”
2 Tbsp brown sugar
1 Tbsp sesame oil
1 Tbsp rice vinegar
1/8 tsp salt
1/2 tsp pepper
1 tsp sesame seeds, toasted

Yield: 4 servings
Serving size: 2/3 cup

Bring water to a boil in a large skillet or wok. Add edamame; cover and cook 2 minutes. Add brown sugar, sesame oil, vinegar, salt and pepper to pan. Cook, uncovered, for 2-3 minutes, stirring constantly, or until liquid evaporates and pods are coated. Place edamame mixture in a bowl; sprinkle with sesame seeds.

Unlike many appetizers, this finger licking combination is high in fiber and low in saturated fat & sodium.

Nutrient info: 110 Calories, 9 g carbs, 6 g protein, 6 g total fat, 0.5 g saturated fat, 0 mg chol., 70 mg sodium, 6 g fiber