

Oven-Roasted Edamame



Edamame: In addition to being a decent source of soy protein, edamame is rich in healthy fiber, antioxidants and vitamin K. These plant compounds may reduce the risk of heart disease and improve the blood lipid profile, a measure of fats including cholesterol and triglycerides.



Oven-Roasted Edamame

Serving: 1

Prep Time: 1 minute | Cook Time: 12 mins

Ingredients:

- 4 oz frozen shelled edamame, unsalted and thawed
- ½ tsp canola oil
- ½ tsp ground black pepper

Instructions:

1. Thaw frozen shelled edamame. Transfer into a small mixing bowl.
2. Preheat oven to 375° Fahrenheit.
3. Pour in the canola oil and ground black pepper into the bowl of edamame. Stir with a spoon until the beans are evenly coated with oil and black pepper.
4. Line a shallow baking dish/pan or cookie sheet with aluminum foil or parchment paper.
5. Spread the edamame beans evenly in a single layer onto the lined baking pan or sheet.
6. Roast for about 5-6 minutes. Stir the beans to avoid burning. Roast for another 5-6 minutes.
7. Serve hot or cooled. Enjoy!

Nutrition Facts

Servings: 1

- Calories: 174
- Carbohydrates: 12.8 g
 - Fiber: 9.4 g
 - Sugar: 1.5 g
- Total Fat: 7.6 g
- Protein: 15.2 g
- Sodium: 23 mg



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