

# Edamame (Vegetable Soybeans)

## Marinated Edamame Salad

Adapted from a recipe in The Complete Soy Cookbook by Paulette Mitchell, Macmillan 1998.

<p>Dressing:</p> <p>2 tablespoons olive oil 1 tablespoon honey 2 tablespoons water 1 tablespoon Dijon mustard 1/4 cup fresh lemon juice 1/2 teaspoon garlic, minced 1/4 cup white wine vinegar 1/8 teaspoon black pepper 1/2 teaspoon lemon peel, grated Dash of salt 1/4 tsp. each: basil, marjoram, rosemary, thyme</p> <p>2 cups green beans, cut in 2-inch lengths 2 cups cooked and shelled edamame beans 1 medium scallion, chopped 1/2 cup red bell pepper, chopped 1 stalk celery, diced 2 tablespoons parsley, minced 1 cucumber, coarsely chopped 2 heads Belgian endive lettuce</p>	<p>Whisk together the dressing ingredients; adjust seasonings to taste. Set aside.</p> <p>Put green beans in a microwave-proof dish with 1/4 cup water. Cover and microwave on high about 3-4 minutes until crisp-tender (or steam). Drain well. Add edamame.</p> <p>Toss the bean mixture and remaining salad ingredients, except lettuce, in a medium bowl. Whisk dressing again, pour over salad and toss. Cover and refrigerate at least one hour. When ready to serve, arrange endive on salad plates. Top with marinated bean mixture. Serves 4 as a light lunch – just add your favorite bread.</p>
--	--

Calories 263, Fat 13.5 g, Protein 15 g, Carb 27 g, Fiber 8 g, Cholesterol 0 mg, Vit. A 268 RE, Vit. C 82 mg, Sodium 129 mg, Calcium 214 mg, Iron 4 mg.

## Edamame Succotash

Recipe developed by Matt Costello, chef at Palace Kitchen – Seattle, Washington

<p>Edamame Succotash 1/2 cup edamame 1/2 cup cut corn 1/2 cup shelled cranberry beans 1/4 cup sliced scallions</p> <p>Garlic Cream 1 cup peeled garlic cloves 3 cups milk 1 quart cream</p>	<p>Place all the vegetables except the scallions in a saucepan. Add garlic cream to cover heat. Gently add scallions to finish and season with salt and pepper.</p> <p>For the garlic cream, combine the garlic and the cold milk in a saucepan. Bring to a boil and turn off heat. Let cool. Strain and discard the milk. Puree the blanched garlic and stir in cream.</p> <p>Serve with roast pork or chicken by ladling the entire mixture around with a little of the cream as a sauce.</p>
---	---

## Three Bean Salad

Recipe by Jazmines, Olympia, Washington 360-786-6590

<p>1/2 cup edamame beans, par boiled &amp; depodded 20 Calmata olives, sliced 1/2 cup feta cheese 1/2 cup garbanzo beans 1/2 cup olive oil 1/2 cup navy beans 1/2-3/4 cup balsamic vinegar (to taste) Approx. 15 artichoke hearts, diced 5 cloves fresh garlic, diced 20-30 marinated sundried tomatoes salt and pepper to taste</p>	<p>Combine all the ingredients into a bowl, cover with oil, vinegar, garlic, salt, and pepper.</p> <p>Marinate at least one hour in refrigerator.</p> <p>Serve with a Greek salad, tossed with oil and vinegar. Fresh bread compliments the dish.</p> <p>Serves 4.</p>
--	--

## Asian-Style Edamame and Corn

The traditional Asian flavors of ginger, sesame oil, rice vinegar, and soy sauce set the stage for edamame and corn in this chilled salad. Adapted from a recipe in *The Complete Soy Cookbook* by Paulette Mitchell, Macmillan 1998.

<p>Dressing</p> <p>1/3 cup rice vinegar 1 teaspoon sugar 2 tablespoons low-sodium soy sauce 1 teaspoon sesame seeds, toasted* 1 teaspoon toasted sesame oil 1/2 teaspoon minced garlic 1 teaspoon minced ginger root</p> <p>Salad</p> <p>2 cups cooked and shelled edamame 1 cup corn 1/4 cup diced red bell pepper 4 large lettuce leaves</p>	<p>Whisk dressing ingredients together, adjust seasonings to taste. Set aside.</p> <p>Add the corn and bell pepper to the edamame, toss with dressing. Serve on lettuce greens.</p> <p>Makes 4 servings.</p> <p>* To toast sesame seeds, place in dry skillet over medium heat. Shake gently until seeds begin to pop and turn golden brown. Cool.</p>
--	--

Calories 186, Fat 7.4 g, Protein 13 g, Carb 21 g, Fiber 5 g, Cholesterol 0 mg, Vit. A 103 RE, Vit. C 37 mg, Sodium 283 mg, Calcium 140 mg, Iron 2.8 mg.

---

## Herbed Edamame

Any fresh herbs turn edamame into a delightful side dish. Try these for starters. Recipe adapted from Mauny's Kitchen Table recipes: [www.maunyskitchen.com](http://www.maunyskitchen.com).

<p>2 cups cooked and shelled edamame 1 tablespoon olive oil 1/2 tablespoon chopped fresh parsley 1/2 tablespoon chopped fresh tarragon 1/2 tablespoon chopped fresh chervil 1 tablespoon chopped fresh chives Salt and black pepper to taste</p>	<p>Toss edamame beans with remaining ingredients over medium heat for about one minute.</p> <p>Variation: If you do not have all of the herbs called for, used more of the ones you do have. Even one fresh herb adds delightful flavor to edamame. Try to avoid using dried herbs in this recipe.</p> <p>Makes 4 side-dish servings.</p>
--	---

Calories 160, Fat 9.2 g, Protein 11 g, Carb 10 g, Fiber 4 g, Cholesterol 0 mg, Vit. A 21 RE, Vit. C 16 mg, Sodium 13 mg, Calcium 133 mg, Iron 2.3 mg.

## Pasta with Edamame and Kale

Often thought of only as a garnish, nutrient-rich kale pairs up with edamame in this flavorful pasta dish. Adapted from Mauny's Kitchen Table Recipes:

[www.maunyskitchen.com](http://www.maunyskitchen.com).

<p>2 tablespoons sunflower seeds</p> <p>1 tablespoon olive oil</p> <p>1 large yellow onion, thinly sliced</p> <p>3 cloves garlic, minced</p> <p>1-1/2 large bunches kale (12 ounces), stems removed and coarsely chopped</p> <p>1 cup vegetable broth</p> <p>2 cups cooked and shelled edamame</p> <p>salt and hot red pepper flakes</p> <p>1 pound pasta</p> <p>6 tablespoons grated Pecorino Romano cheese</p> <p>Black pepper</p>	<p>In a 350-degree oven, toast sunflower seeds on cookie sheet 10 minutes or until lightly browned (watch closely). Set aside.</p> <p>Heat oil in large skillet over medium-high heat. Add onion and cook, stirring frequently, about 5 minutes. Stir in garlic and kale; continue cooking until kale wilts, about 2 minutes. Stir in broth, edamame, and salt and red pepper flakes to taste. Simmer, covered, until kale is tender, about 3 minutes.</p> <p>Meanwhile, cook pasta in large pot of boiling water. Cook al dente according to package directions. Drain well. Toss pasta with edamame mixture. Sprinkle with cheese, pine nuts, and black pepper. Serves 4.</p>
--	---

Calories 702, Fat 17 g, Protein 44 g, Carb 78 g, Fiber 9 g, Cholesterol 10 mg, Vit. A 790 RE, Vit. C 120 mg, Sodium 423 mg, Calcium 404 mg, Iron 8.9 mg.