

Edamame Power Snack



Ingredients:

- 1 pound of fresh or frozen edamame
- Salt and pepper to taste

Directions:

1. Bring a saucepan of water to a boil.
2. Add small amounts into the water to cook between 4 and 6 minutes.
3. Test one of the beans to ensure firmness. Overcooking causes the bean to be mushy.
4. Drain the edamame and pour in a bowl.
5. Salt and pepper to taste.

Makes 3 Servings



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