

EDAMAME HUMMUS

Time: 30 minutes

Serves: 10 as a vegetable dip

Ingredients:

1 pound shelled edamame
½ cup onion – diced
½ cup tightly-packed cilantro leaves
¼ cup fresh lime juice
2 tablespoons miso paste
1 teaspoon sriracha chili sauce
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
3 cloves garlic – finely chopped
5 tablespoons extra virgin olive oil

Preparation:

Place the edamame in a suitable pot, add water to cover and bring to a boil over high heat. Reduce the heat and simmer for five minutes then drain and rinse the edamame with cold water until it's cool.

Put the edamame in a food processor and add all remaining ingredients with the exception of the olive oil. Pulse in the processor, stopping to scrape the sides when required until the ingredients are evenly mixed.

With the food processor running, slowly drizzle in the olive oil and continue processing until the edamame reaches the texture you desire.

Serve the hummus immediately or refrigerate it for up to two days.

Nutritional Information Per Serving:

Calories: 138
Fat: 10g
Carbs: 7g
Fibre: 2.3g
Protein: 6.4g