

Edamame



WHAT IS EDAMAME?

Edamame is a variety of a soybean. It is high in protein, fiber and contains no cholesterol.

WHERE TO FIND:

Edamame can be found in the frozen vegetable section of the supermarket. It comes shelled (out of the pod) or in the pod. Check that the package is frozen. Store in the freezer until ready to prepare.

Fresh edamame can be found in the refrigerated produce section of the supermarket. Look for edamame that is green and looks fresh.

Grown in a garden, edamame is ready to pick and eat when the edamame pod is large and green (no later than 15 weeks from planting). The pods will be a beautiful green color and should be picked before they turn brown.

The best way to shell fresh edamame is to blanch the edamame first (directions below) and then remove edamame from the pod.

PREPARATION:

ON TOP OF RANGE COOKING DIRECTIONS

In a large saucepan, bring 6 cups of water to a boil. Add 1 package (1 pound) frozen in the pod or shelled edamame and 1/2 teaspoon salt (optional). Cook 4-5 minutes. Drain well and serve.

MICROWAVE DIRECTIONS

Remove frozen edamame pods or shelled edamame from bag, place into a 1 1/2 quart microwave safe dish. Cover with plastic wrap and cook on High for 2 to 3 minutes. Remove dish from microwave, let edamame stand for 1 minute before serving. Be careful of the steam when removing plastic wrap!

FREEZING FRESH EDAMAME FROM THE GARDEN:

To freeze fresh edamame in the pod, blanch it by bringing a pot of water to a boil. Add edamame in the pod, bring back to a boil, boil for about 2 minutes. Drain. Rinse with cold running water to cool or place in a pan of ice water. Drain. Pat dry so they don't stick together. Place in freezer bags, put in freezer.

To freeze shelled edamame, follow the steps for blanching the edamame but remove the edamame from the pod after rinsing with cold water. Then pat dry, and place in freezer bags.

When using edamame after being frozen, remove from freezer; defrost. Eat cold as a snack or add to salads. If warm edamame is desired, reheat on top of the range. Add edamame to saucepan, add 1/4 cup of water; bring to boil, drain and use. If using the microwave, place in a microwave appropriate bowl, cover and microwave on high for 1 to 2 minutes; drain and use.

To add frozen shelled edamame to soups or stews, take out of freezer; add to soup or stew, heat through.

NUTRITIONAL VALUE



EDAMAME SHELLED:

% of Daily Value
1.5 oz = 1 serving
1 cup edamame shelled =
18 grams of soy protein
Total Calories: 59
Total Fat: 1.5 grams, 2%
Saturated Fat: 0 grams
Trans Fat: 0 grams
Calcium: 4%
Vitamin C: 10%
Iron: 8%



EDAMAME IN POD:

% of Daily Value
1/2 cup = 1 serving
1 cup edamame in pod =
16 grams of soy protein
Total Calories: 100
Total Fat: 3 grams, 4%
Saturated Fat: 0 grams
Trans Fat: 0 grams
Calcium: 4%
Vitamin C: 10%
Iron: 8%

***Remember, edamame pods are not to be eaten.*