

This snack is wonderful warm or cold. Perfect to pack in lunches or enjoy while dinner is being made. Soybeans are a great source of protein and fiber and are an easy snack to enjoy with the family.

## **INGREDIENTS:**

- 2 cups (500 mL) frozen edamame pods (soybean pods)
- 2 tsp (10 mL) canola oil
- 1 small clove garlic, minced
- 1/2 tsp (2 mL) chili powder
- 1/2 tsp (2 mL) dried oregano
- 1 tbsp. (15 mL) sodium reduced vegetable broth or water
- 1 tbsp. (15 mL) sodium reduced soy sauce
- 2 tbsp. (25 mL) chopped fresh basil or parsley



## **INSTRUCTIONS:**

1. In a saucepan of boiling water, cook pods for 5 minutes. Drain well and keep warm.
2. Meanwhile, in a nonstick skillet, heat oil over medium heat. Add garlic, chili powder and oregano and cook for 30 seconds. Add edamame, broth and soy sauce. Heat through, stirring gently. Sprinkle with basil to serve.

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Recipe source <https://www.heartandstroke.ca/healthy-living/recipes/appetizers/herb-and-spice-edamame>

## **Nutrition Facts**

Per serving (1 of 3 SERVING)

Calories  
67  
Protein  
3 g  
Sodium  
215 mg  
Potassium  
150 mg  
Total fat  
5 g  
Saturated fat  
0 g  
Cholesterol  
0 mg  
Carbohydrates  
4 g  
Fiber  
2 g  
Sugars  
1 g  
Added sugars  
0 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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