

Edamame Dip (Soybean dip)

Edamame (eh-dah-MAH-meh) The Japanese name for fresh soybeans. Edmamame, which are usually bright to dark green, are available fresh in Asian markets from late spring to early fall. They're also available frozen. You won't need encouragement to eat your vegetables when you serve this hearty, nutty dip with a variety of crisp vegetables such as jicama, bell pepper strips, steamed sugar snap peas, and carrot sticks.

- 1 1/2 cups frozen shelled edamame (green soybeans), thawed and cooked
- 1/2 cup water
- 1/4 cup chopped red onion
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1 teaspoons chili garlic sauce* (optional)
- 1 16 ounce can chick peas (garbanzo beans) or cannellini beans, drained

Place all ingredients in a food processor, and process until smooth. Serve immediately, or cover and chill. Serving size is about 3 tablespoons edamame mixture.

Servings: 25

Yield: 2 1/2 cups

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

water

Amount Per Serving	
Calories	73.69
Calories From Fat (33%)	24.55
% Daily Value	
Total Fat 2.98g	5%
Saturated Fat 0.42g	2%
Cholesterol 0.00mg	0%
Sodium 101.49mg	4%
Potassium 244.43mg	7%
Carbohydrates 8.13g	3%
Dietary Fiber 1.88g	8%
Sugar 0.01g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.25g	
Protein 5.00g	10%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 1/2 cups frozen shelled edamame (green soybeans), thawed and cooked	1.50 x 1 cup of Soybeans, mature seeds, raw
1/2 cup water	Not linked
1/4 cup chopped red onion	0.25 x 1 cup of Onions, red
3 tablespoons chopped fresh cilantro	3 x 1 tablespoon of Cilantro (Chinese parsley), raw
2 tablespoons rice vinegar	2 x 1 tablespoon of Vinegar, rice wine
1 tablespoon olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
1 teaspoons chili garlic sauce* (optional)	1 x 1 teaspoon of Peppers, hot, chili, mature red, canned, chili sauce
1 16 ounce can chick peas (garbanzo beans) or cannellini beans, drained	16 x 1 oz of Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

Cooking Tips

*This is an Asian condiment that is found in a bottled chili garlic sauce . If you wish, you can make your own chili garlic sauce to suit your liking. Buy 1/2 cup dried Japone peppers (they have no stems) or dried Arbolito peppers (with stems). They have a heat rating of 7 (highest heat rating is 10). Cut the tops off and cut in smaller pieces. Place in the food processor or food grinder to process until flaked. To make the chili garlic sauce, put the dried coarse ground peppers, 5 cloves of garlic, 1-2 tablespoons rice vinegar, and 1 tablespoon olive oil in a food processor and process until thick . (This is a paste more than a sauce in consistency) This is a very hot and spicy so you may want to go easy on this ingredient. (You can omit much of the seeds to reduce the heat)

Season the dip to taste. Note: the sodium will be reduced in the original recipe. if you make your own garlic chili sauce.

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