

DOUG'S EDAMAME HUMMUS

Ingredients

- . 1-12oz. pkg fresh or frozen, shelled edamame
- . 3-4 large cloves garlic
- . ¼ c. water
- . ¼ c. tahini (sesame seed paste)
- . zest from 1 lemon
- . juice from 1 lemon
- . ¾ tsp. kosher salt
- . ½ tsp. cumin
- . 1 Tbsp. fresh cilantro (or ½ tsp. dried cilantro)
- . 1/8 tsp. red pepper flakes
- . 2 Tbsp. chopped fresh flat leaf parsley (divided)
- . 3 Tbsp. olive oil

Directions

1. Boil the soybeans and whole garlic cloves in salted water for 4 minutes.
2. Drain and rinse with cold water.
3. In a food processor (or blender), puree the edamame, garlic, water, tahini, lemon zest, lemon juice, salt, cumin, cilantro, pepper flakes, and 1 Tbsp. of parsley until smooth.
4. With motor running, slowly add in olive oil until combined.
5. Transfer to a serving dish and stir in the remaining 1 Tbsp. of parsley.

Yields: 10 (1/4 cup) servings
Calories: 110
Fat: 9 g
Protein: 5 g
Carb: 4 g (2 g fiber)

RECIPES



For eating well
after bariatric
surgery

A great alternative to hummus made with chickpeas and it fits on the pureed diet!



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