



easy edamame hummus

This easy and healthy Edamame Hummus is a tasty twist on a classic, complete with tahini, garlic and lemon juice.

SERVES: 4-6



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ingredients

- 2 cups frozen shelled edamame
- 1 medium garlic clove, peeled
- ¼ cup tahini (sesame seed paste, stirred well)
- 3 tbsp lemon juice
- 3 tbsp water
- ½ tsp kosher salt, plus more to taste

Garnish

- 1 Roma tomato, diced
- Extra virgin olive oil
- Chopped fresh flat-leaf parsley

For Dipping

- Crackers
- Toasted pita chips
- Pita bread
- Celery
- Carrots

directions

1. Thaw (or cook according to package directions), rinse and drain edamame. Set aside.
2. In food processor, mince garlic. Add edamame and process until somewhat smooth, scraping down the sides of the bowl as necessary. Add tahini, lemon juice, water and salt, processing until smooth. Season with additional kosher salt to taste, place in serving bowl and garnish tomatoes, parsley and a drizzle of olive oil.

