

Edamame

What's so Great about Edamame?

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



Preparation Tips

On Top of Range

Cooking Directions: Bring 6 Cups water to a boil in a large saucepan. Add 1 package (1Lb.) frozen in the pod or shelled Edamame and 1/2 teaspoon Salt (optional). Return to a boil. Cook 4-5 minutes. Drain. Rinse with cold running water to cool. Drain well, and Serve.

Microwave

Microwave Directions: Remove frozen in the pod or shelled edamame from bag and 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 and let Edamame stand for 1 minute before enjoying.

Fresh Edamame from the Garden

Wash pods to remove any soil. In a medium pan, add enough water to cover beans. Bring to boil. Add edamame in the pods or shelled, and cook for 5 minutes. Drain. Sprinkle with salt; eat. To freeze fresh edamame, bring water to boil, add edamame and bring back to boil and boil for about 2 minutes. Drain, run cold water over to cool, place in freezer bags and place in freezer.

What is Protein? Why is it Important?

Protein has a large number of important functions in the human body – and in fact, the human body is about 45 percent protein. Protein performs many functions for the body including supplying energy and building and repairing tissues.

Soy protein is a complete protein. It has all the essential amino acids, so it is comparable to meat.

Varieties of Edamame: In the Pod Versus Shelled:

Edamame comes in two forms: in the pod or shelled

The pod itself is not edible, just slit the side of the pod with your finger and you will find the whole soybeans or edamame. Take out of pod and eat! Discard the pod. This is a great snack and fun to eat.

The shelled edamame has already been taken out of the pod and is ready to eat as is, or put into salads, soups or mixed with other vegetables.

Selecting and Storing Edamame:

If you are buying frozen (most often found this way), make sure the package has no holes in it and is still frozen hard. Take home and put into the freezer until ready to use.

If you find fresh edamame, make sure the pod is green and looks fresh.