

ROASTED SPICED EDAMAME

From the *Taste for Life* test kitchen

5 MINUTES PREP TIME ■ SERVES 4

2 c frozen shelled edamame, defrosted

1 Tbsp extra-virgin olive oil

1 tsp ground ginger

K tsp garlic powder

Salt and freshly ground black pepper

1. Preheat oven to 400°.
2. Toss edamame with olive oil, ginger, garlic, and salt and pepper to taste.
3. Spread edamame in single layer on a baking pan. Roast for about 15 minutes, stirring every 5 minutes.
4. Remove from oven and serve within a few hours.

Per serving: 201 Calories, 15 g Protein, 13 g Carbohydrates, 5 g Fiber, 11 g Total fat (1 g sat, 4 g mono, 4 g poly), 17 mg Sodium, ★★★ Vitamin C, ★★ Vitamin B1 (thiamine), Folate, Manganese, ★ Vitamin B2 (riboflavin), B3 (niacin), E, Calcium, Iron, Magnesium, Phosphorus, Potassium