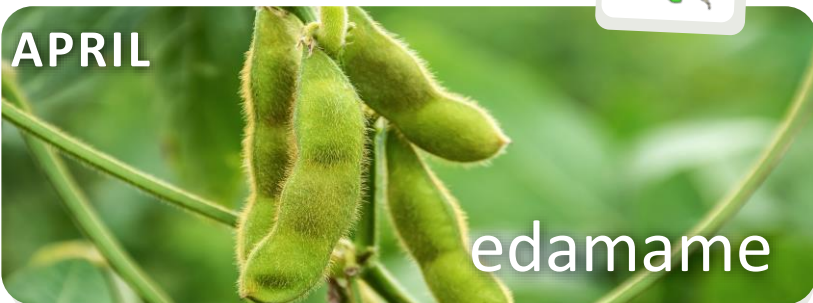


HARVEST OF THE MONTH
 NEWSLETTER 04/2022

APRIL


edamame

FUN FACTS

- Some call edamame the super vegetable because it is the only vegetable that contains all nine essential amino acids.
- Edamame is considered both a protein food and vegetable by the USDA.
- Edamame are immature soybeans in their pods.

NUTRITION INFO

One half cup of shelled edamame has 90 calories and provides iron, fiber and protein.


Edamame Succotash

Serves 10

Ingredients:

- 3 Tbsp. olive oil
- 1 medium onion, diced
- 1 medium red pepper, diced
- 2 ½ cups edamame, frozen, shelled
- 2 ½ cups corn, frozen
- ½ tsp. garlic
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dried oregano
- 6 Tbsp. water

Directions:

In a medium sauce pan, heat olive oil on medium-high heat. Add onions and cook while stirring until translucent. Add red peppers and cook for 5 minutes. Add edamame, corn, garlic, salt, pepper and oregano; cook for 6 minutes. Add water, cover and steam for 3-4 minutes or until all vegetables are tender.

Per Serving (1/4 cup): 95 calories, 5g fat, .3g saturated fat, 3g protein, 10g carbohydrate, 2g fiber, 121mg sodium

for more information visit www.laxf2s.org

PICK

Edamame is rarely sold fresh so check your farmer's market! It is available both shelled and unshelled all year. Snopac brand sells a local, frozen option.

STORE

Keep fresh edamame dry in a perforated plastic bag in the refrigerator, in the freezer for 6-12 months or until the use by date on the package.

PREPARE

Shelled and unshelled edamame can be boiled, steamed, or microwaved. The pod is inedible and should be discarded after cooking.

USE

Blanch the pods in salted water, drain and serve sprinkled with salt for a snack. Cooked, shelled edamame is a great addition to stir-fries, salads, and can be added to hummus or guacamole!