

Edamame Hummus

From a family member, Janice G



Servings: 10

1. If the edamame is raw, cook it in boiling water for about 4 minutes.
2. In a blender combine the tahini, lemon zest and juice, garlic, salt, parsley, spices and the edamame.
3. Drizzle in the oil and continue to blend until it's the consistency you prefer. Add more water or oil and/or lemon juice to taste. The mixture should be soft, not overly thick. Taste for seasonings [mine needed more lemon juice, salt and oil].
4. Sprinkle with more parsley when serving with vegetables of your choice.

1 1/2 cups edamame (green soy beans), 1/2 pound
= approx 1 1/2 cups

1/4 cup tahini

1/4 cup water

1/2 teaspoon lemon zest, freshly grated

3 tablespoons lemon juice, or more if needed

1 clove garlic, smashed

3/4 teaspoon kosher salt

1/2 teaspoon ground cumin

1/4 teaspoon ground coriander

3 tablespoons extra-virgin olive oil, or more if needed

1 tablespoon flat-leaf parsley, chopped fresh

2 teaspoons flat-leaf parsley, for garnishing the serving bowl

Suggested serving: Sliced cucumbers, celery, carrot sticks and olives

Per Serving (excluding unknown items): 117 Calories; 9g Fat (66.6% calories from fat); 5g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 151mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com