



# Garlic Ginger Edamame

## Ingredients:

- 2 cups shelled Edamame beans
- 1 tablespoon olive oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- Sea salt to taste

## Instructions:

1. Place Edamame in a large frying pan, cover with water, and boil for 5-8 minutes. Drain excess water and set aside.
2. In the same large frying pan, heat olive oil over medium- high heat. Add drained Edamame and sauté for 3-5 minutes, or until brown on both sides.
3. Add garlic and ginger to pan. Toss well to coat.
4. Turn off heat, and continue tossing for 2 minutes.
5. Transfer beans to serving dish and leave to cool. Add sea salt to taste.

## Variations:

- To spice things up, add 2 teaspoons of Sriracha or dried red chili flakes.

**Prep Time:** 15 minutes

**Cooking Time:** 10 minutes

## Equipment:

- Knife
- Cutting board
- Large bowl
- Measuring spoons/ cups
- Mixing spoon
- Frying Pan

**Servings:** 4

**Serving Size:** ½ cup



**Nutrition Facts:** 150 Calories, 8 g Fat, 0 g Saturated Fat, 10 g Carbohydrates, 12 g Protein, 6 g Fiber, 3 g Sugar, 590 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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