Ingredient of the Month

Presented by ACF Chef & Child Foundation and Clemson University
“Edamame” is a Japanese term meaning beans on a branch, and refers to the soybean. An edamame is an immature soybean picked green, and resembles snow peas or sugar snap peas, with a bright green and fuzzy exterior. While the Chinese have been cultivating these beans for thousands of years, it was not until the 20th century that the nutritive value of soybeans was acknowledged and spurred interest in the United States. Now, the U.S. supplies 75 percent of the world’s total soybean production.

This versatile and dynamic legume is especially high in protein. In fact, it is the most economical source of protein in the world. With a buttery, nutty flavor and pleasantly crisp texture, edamame is as delicious as it is nutritious. While most commonly served as snack in which the beans have been boiled and salted in the pod, chefs are beginning to use the beans in a variety of vegetable dishes, soups and even innovative desserts.

Healthy ingredient contribution

- **PROTEIN**: Being one of the few plant sources that contain all eight essential amino acids, edamame is considered a complete protein. Since it is so high in protein and lower in fat than animal-based proteins, edamame may help reduce cholesterol and risk of heart disease.

- **FIBER**: Edamame contains both soluble and insoluble fiber. Soluble fiber may help lower cholesterol and control blood sugar, while insoluble fiber increases stool bulk, may prevent colon cancer and can help relieve symptoms of several digestive disorders.

- **ISOFAVONES**: Soybeans and soy-based products contain isoflavones, which may contribute to bone, brain and immune functions.

- **OMEGA-3’S**: These essential fatty acids play a crucial role in brain function as well as normal growth and development. They have also been shown to reduce the risk of heart disease and can reduce inflammation with respect to cancer and arthritis.

- **UNSATURATED FATS**: Edamame contains heart-healthy mono- and polyunsaturated fats.
Varieties and uses
• Considered one of the great frozen vegetables, edamames are also sold fully cooked and ready to eat, in or out of the pods. Try adding the beans to soups and salads for added nutrition, color and texture.
• Puréed edamame can be a delicious and healthy alternative to mashed potatoes. In addition, it makes a vibrant hummus and an exceptional addition to pâté.
• When soybeans are allowed to mature to their fully dry state, they can be processed into a wide array of food products, including oil, tofu, soy sauce, flour and a variety of imitation dairy products.

Serving size
½ cup shelled edamame = 100 calories, 3 grams of fat, 10 grams of protein and 4 grams of fiber

EDAMAME HUMMUS

Yield: 12 servings
(serving size: 3 tablespoons)

Ingredients:

- 2 cups frozen shelled edamame, cooked according to package directions
- ¼ cup tahini
- ¼ cup water
- 1 lemon, zested and juiced
- 2 garlic cloves, minced
- ½ t. salt
- 1 t. cumin
- ¼ cup extra virgin olive oil

Method:
In food processor, purée edamame, tahini, water, lemon zest and juice, garlic, salt, and cumin until smooth. With motor running, slowly drizzle in olive oil; mix until absorbed.

Nutrition Information

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<th>Fat: 9g</th>
<th>Sat. Fat: 1g</th>
<th>Carbs: 4g</th>
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<tr>
<td>Fiber: 2g</td>
<td>Protein: 4g</td>
<td>Vitamin A: 2%</td>
<td>Vitamin C: 2%</td>
</tr>
<tr>
<td>Calcium: 2%</td>
<td>Iron: 6%</td>
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This recipe was tested by Clemson University’s Culinary Nutrition Undergraduate Student Research Group.