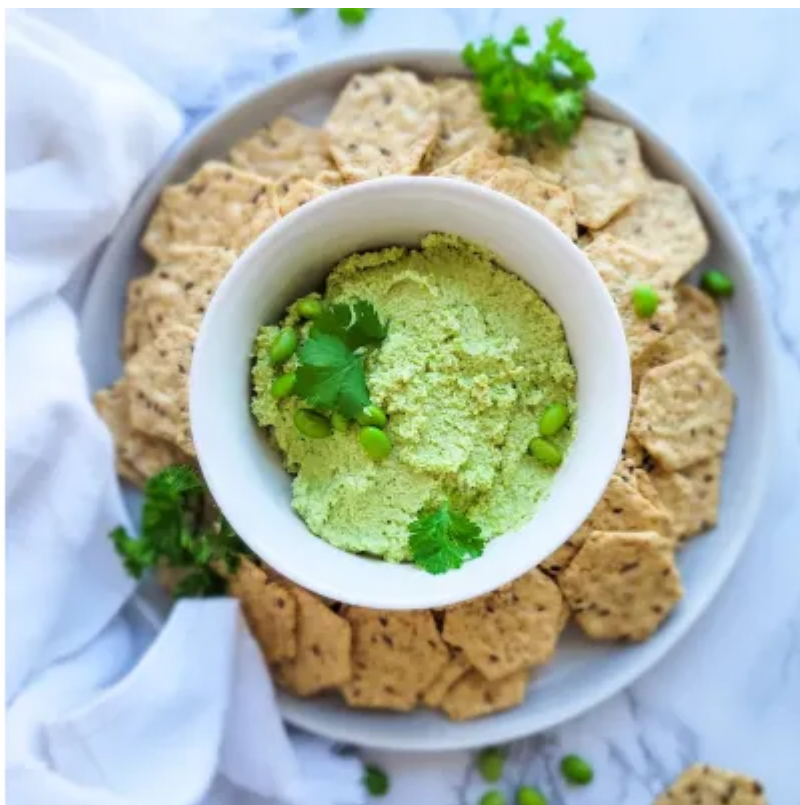


Edamame Spread



Discover the creamy and flavorful world of our Edamame Spread recipe. Made with edamame and herbs, this versatile spread is perfect for dipping, spreading on toast, or adding a unique twist to your favorite dishes.

Preparation 15 min

Cooking 0 min

Servings 12

Nutrition Facts (per serving)

Calories 30

Fat 1

Carbohydrates 2

Fibre 1

Protein 3

Sodium 5

Ingredients

- 225 g (about 250 ml /1 cup) frozen shelled edamame, thawed
- 1 small clove garlic
- 30 ml (2 tbsp) fresh coriander leaves
- 30 ml (2 tbsp) fresh parsley leaves
- 60 ml (¼ cup) plain 0% Greek yogurt
- 5 ml (1 tsp) olive oil

- 80 ml (? cup) water
- Salt and pepper to taste

Preparation

1. Place all ingredients in a good blender.
2. Grind until smooth and pureed.

Notes

Can be stored for 7 days in an airtight container in the refrigerator. Freezes well.



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