

Edamame Flavor Pods

Ingredients

- 1/4 - 4 cups of water
- 1 package (10 oz) of frozen whole pod edamame

Flavorings to add to cooked edamame pods
(for 1 package of 10 oz from pantry):

- Salt
 - 1/4 teaspoon salt
- Garlic chili
 - 1 teaspoon garlic powder, 1 teaspoon chili powder or chili flakes, 1/4 teaspoon salt
- Cilantro lime
 - Lime, 1/4 cup cilantro (chopped), 1/4 teaspoon salt



Directions

Stove Top Directions: In a pot, bring 4 cups of water to a boil. Add 1 package (10 oz) of frozen whole pod edamame. Cook 4 to 5 minutes. Drain water. Careful! They are hot!

Microwave Directions: Place 1 package (10 oz) of frozen whole pod edamame into 1 quart (fits about 4 cups) microwave safe dish/bowl. Add 1/4 cup water. Cover with plastic wrap and cook on high for 2 to 3 minutes. Remove dish from microwave. Drain well before eating. They hot, wait for a minute!

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