Edamame Succotash

Serves 10

**Ingredients:**
- 3 Tbsp. olive oil
- 1 medium onion, diced
- 1 medium red pepper, diced
- 2 ½ cups edamame, frozen, shelled
- 2 ½ cups corn, frozen
- ½ tsp. garlic
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dried oregano
- 6 Tbsp. water

**Directions:**
In a medium sauce pan, heat olive oil on medium-high heat. Add onions and cook while stirring until translucent. Add red peppers and cook for 5 minutes. Add edamame, corn, garlic, salt, pepper and oregano; cook for 6 minutes. Add water, cover and steam for 3-4 minutes or until all vegetables are tender.

Per Serving (1/4 cup): 95 calories, 5g fat, .3g saturated fat, 3g protein, 10g carbohydrate, 2g fiber, 121mg sodium

**PICK**
Edamame is rarely sold fresh so check your farmer’s market! It is available both shelled and unshelled all year. Snopac brand sells a local, frozen option.

**STORE**
Keep fresh edamame dry in a perforated plastic bag in the refrigerator, in the freezer for 6-12 months or until the use by date on the package.

**PREPARE**
Shelled and unshelled edamame can be boiled, steamed, or microwaved. The pod is inedible and should be discarded after cooking.

**USE**
Blanch the pods in salted water, drain and serve sprinkled with salt for a snack. Cooked, shelled edamame is a great addition to stir-fries, salads, and can be added to hummus or guacamole!

**FUN FACTS**
- Some call edamame the super vegetable because it is the only vegetable that contains all nine essential amino acids.
- Edamame is considered both a protein food and vegetable by the USDA.
- Edamame are immature soybeans in their pods.

**NUTRITION INFO**
One half cup of shelled edamame has 90 calories and provides iron, fiber and protein.