

Edamame Hummus



Servings: 6

1 1/2 cups frozen shelled edamame beans

1/4 cup tahini

1/4 cup water

1/2 teaspoon lemon zest

3 tablespoons lemon juice

1 garlic clove

3/4 teaspoon salt

1/2 teaspoon ground cumin

1/4 teaspoon ground coriander

3 tablespoons olive oil

1 tablespoon fresh parsley

Add the edamame beans to a microwave safe bowl. Add 2 tablespoons of water and microwave for 3-4 minutes until completely thawed and warm.

Add all the ingredient to a food processor. Pulse until smooth.

Serve with chips or vegetables.

Per Serving (excluding unknown items): 120 Calories; 12g Fat (82.9% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 298mg Sodium; trace Total Sugars; 0mcg Vitamin D; 47mg Calcium; trace Iron; 59mg Potassium; 78mg Phosphorus. Exchanges: .