

# Edamame Hummus

Prep time: 10 minutes

Makes: 14 servings (1¾ cups total)

2	cups	Frozen edamame (shelled), cooked according to package directions (10 oz. package)
¼	cup	Soybean oil
3	tbsp	Lemon juice
2	tsp	Garlic, chopped
¾	tsp	Cumin
½	tsp	Salt

**25 grams of soy protein may lower cholesterol.** How much is 25 grams?

- ¼ cup soybeans
- ½ cup edamame
- 1 cup soymilk

Puree edamame, oil, lemon juice, garlic, cumin and salt in food processor for 30 seconds, scraping sides twice, until almost smooth. Cover and refrigerate until ready to serve.

Serve with pita triangles, crackers, baguette or raw vegetables.

Nutritional Analysis per Serving (2 tablespoons): Calories 60, 2g Protein, 3g Carbohydrate, 1g Fiber, 5g Fat, 0g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 90mg Sodium

