

Edamame Hummus

Ingredients:

- 1 package (16 ounces) frozen shelled Edamame, thawed
- 2 green onions, roughly chopped (about ½ cup)
- ½ cup loosely packed fresh cilantro
- 3 to 4 tablespoons water
- 2 tablespoons canola oil
- 1 ½ tablespoons fresh lime juice
- 1 tablespoon honey
- 2 cloves garlic
- 1 teaspoon salt
- ¼ teaspoon black pepper
- Rice crackers, baby carrots, cucumber slices and sugar snap peas



Combine Edamame, green onions, cilantro, 3 tablespoons water, oil, lime juice, honey, garlic, salt and pepper in food processor; process until smooth. Add additional water if necessary to thin out and smooth dip. Serve with crackers and vegetables for dipping. Store leftover dip in refrigerator up to 4 days. Fix it Quick Cooking for Kids, 2008 Publications International, Ltd.

Nutritional Information

Makes 2 cups. Per 1/4 cup serving: calories 92, protein 4g, fat 5g, carbohydrates 7.4g, cholesterol 0, fiber 2.2mg, sodium 306mg.