

Try Me!

# Edamame



## QUICK FACTS:

Edamame is fresh soybeans and are also called “sweet beans.”

Edamame taste sweet and mild with a hint of bean flavor.

Edamame grows in a fuzzy pod and is green in color like that of a lima bean.

1/2 cup edamame also contains about 120 calories and less than 3 grams of fat.

Edamame is also a good source of fiber.

Did you know that edamame is high in protein? 1/2 cup has 12 grams



Edamame is a green vegetable more commonly known as a soybean, harvested at the peak of ripening right before it reaches the “hardening” time. The word edamame means “Beans on Branches,” and it grows in clusters on bushy branches. To retain the freshness and its natural flavor, it is

parboiled and quick-frozen. In East Asia, the soybean has been used for over two thousand years as a major source of protein. Edamame is consumed as a snack, a vegetable dish, used in soups or processed into sweets. As a snack, the pods are lightly boiled in salted water, and then the seeds are squeezed directly from the pods into the mouth with the fingers.

Edamame is high in vitamins and minerals containing 10% of your daily recommended intake of vitamin C and iron and 8% of your daily intake of Vitamin A

## STORAGE TIPS:

Edamame is picked at the peak of ripening just before it begins to harden.

In Japan and China the beans are commonly boiled in their pods, salt water and popped open to eat as a snack.

In the United States they are often sold dried or frozen and sometimes fresh.

The beans can be boiled or steamed and served as a side or chilled and added to a variety of salads.

If you buy fresh remember to wash the beans before cooking or adding to a salad.

