

Edamame Ginger Dip

PREP TIME

15 minutes

TOTAL TIME

1 ¼ hours

INGREDIENTS

- 8 ounces frozen, shelled edamame
- ¼ cup water
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh ginger, minced
- 1 tablespoon rice vinegar
- 1 tablespoon tahini
- 1 clove garlic
- 1/8 teaspoon salt
- Hot pepper sauce to taste

YIELD

6 servings,
about ¼ cup each

EACH SERVING CONTAINS:

Calories: **70**

Fat: **3 g**

Carbohydrates: **6 g**

Protein: **5 g**

Fiber: **2 g**

Sodium: **196 mg**

Potassium: **31 mg**

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INSTRUCTIONS

1. Cook edamame according to the package directions.
2. Purée the cooked edamame with the rest of the ingredients in a food processor until smooth. Chill for 1 hour before serving.