

Microwavable Edamame

Ingredients:

Sesame Sauce:

- 2 tbsp sesame oil
- 2 garlic cloves, minced or 1 tsp powder garlic
- 2 tbsp soy sauce
- ½ tsp sriracha sauce
- 1 tsp rice vinegar
- ¼ cup honey
- 1 tbsp water

Edamame

- 2 cups frozen edamame
- pinch sesame seeds (optional)
- 2 tbsp water

Instructions:

1. Place edamame in a microwave safe bowl add water and cover with a damp paper towel. Microwave for 2 minutes. Stir beans and return to microwave for 1 more minute until tender
2. In a pan heat sesame oil on medium heat
3. In about 2 minutes or until hot add garlic and swirl (be sure not to burn garlic)
4. Add all of remaining ingredients to pan
5. Allow sauce to simmer for 2-3 minutes
6. Add cooked edamame in pan and coat with sauce (note that the longer the sauce stays in heat the more thickened it will become)
7. Top with sesame seeds if desired

Prep Time: 5 minutes

Cooking Time: 10 minutes

Equipment:

- Pan
- Mixing spoon
- Measuring spoons
- Microwave safe bowl
- Paper towel

Servings: 2

Serving Size: 1 cup



Nutrition Information:

Calories 183 / Total Fat 9.9g / Cholesterol 0mg / Sodium 265.7mg / Carbohydrate 12.9g / Dietary Fiber 5.5g / Total Sugars 5.6g / Protein 13.5g

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry