

Edamame Stew

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipeDetail.aspx?linkId=1&cId=6&rId=51>

Ingredients

- 1 bag (16oz) frozen shelled edamame (green soybeans)
- 1 can (35oz) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks
- 2 cup zucchini, rinsed, quartered, and sliced
- 1 cup yellow onion, diced
- 1 Tbsp. ground cumin
- ¼ tsp ground cayenne pepper
- ½ tsp ground allspice (substitute cinnamon or pumpkin pie spice)
- 2 Tbsp. garlic, minced or pressed (about 5 gloves)
- 1 C frozen yellow corn
- ¼ tsp salt
- 2 Tbsp. lemon juice (or 1 large lemon, freshly juiced)
- 1 tsp. cilantro, chopped
- ½ tsp dried oregano

Instructions

1. Place frozen edamame in a deep saucepan with just enough water to cover. Bring to boil over high heat. Reduce heat to medium and cover. Cook for 5 minutes. Drain. Set aside.
2. While soybeans cook, chop tomatoes, zucchini, and onion.
3. In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
4. Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
5. Add garlic. Cook and stir for 1 minute.
6. Stir in the drained edamame, tomatoes, zucchini, corn, and salt.
7. 7. Cover. Simmer until zucchini is tender, about 15 minutes.
8. Stir in lemon juice and oregano.
9. Serve immediately. *Tip: Serve over brown rice for a complete meal*

Makes 4 servings (2 cups of stew per serving)

Nutrition information per serving:

Calories	185
Carbohydrate	40 g
Potassium	1,227 mg
Protein	16 g
Total Fat	10 g
Total Fiber	14 g
Saturated Fat	1 g
Sodium	303 mg

