

RECIPE

Hero Vegetable: Edamame

Edamame Hummus

Ingredients:

2 cups shelled edamame
3 cloves garlic, roughly chopped
1 Tbs tahini
½ tsp cumin
½ tsp smoked paprika
1 lemon, juiced
olive oil
salt to taste

Directions:

Blend all ingredients in a blender, pouring olive oil in slowly until you get a smooth consistency. Place in a small serving bowl and top with more olive oil.