



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Edamame**

### **Garlic Butter Edamame**

**Ingredients:**

12 oz edamame beans (can be shelled or pre frozen)

3 Tbs butter or olive oil

4 cloves garlic, minced

Salt to taste

**Directions:**

Melt butter in a sauté pan over medium heat. Add garlic. Sauté the garlic lightly until fragrant, about 30 seconds. Turn the heat up to medium high heat. Add the edamame, Sauté for another 30 seconds, coating the edamame with the garlic butter. Sprinkle with salt. Serve immediately.

- If you're looking for a mid-day snack, try this recipe with the whole pods instead. Be sure to blanch the pods prior to beginning this recipe. It's a little messy popping the beans out of pods to eat them but the bonus is getting to lick the garlic butter off your fingers for those of us who have no shame.