

Try it
Today!

Edamame Pronounced [ed-uh-mah-mee]

Edamame is just a fancy name for immature soybeans. This particular bean is a great source of dietary fiber, iron, vitamin K and protein. It is also very low in sodium. You will find Edamame three ways, out of the pod or shelled, in the pod "unshelled", or dry roasted. Not only is it a great snack to munch on, but it also tastes great in salads, rice, and pasta dishes. Edamame is normally served boiled or steamed and can be eaten cold or warm.

