RECIPE

Spicy edamame

A snack of green soybeans tossed in toasted sesame oil, red pepper, ginger and a spoon of low-sodium soy sauce, ready in ten minutes, with about 280 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

10 min

Ingredients

- [ ] 12 oz frozen shelled edamame
- [ ] 1 tbsp toasted sesame oil
- [ ] 1 tsp garlic powder
- [ ] 1 tsp crushed red pepper flakes
- [ ] ½ tsp ground ginger
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 1 tbsp lime juice
- [ ] ¼ tsp salt
- [ ] 2 tsp sesame seeds
- [ ] 4 cups water, for boiling

Method

1. Bring the 4 cups of water to a boil in a medium pot. Do not salt it. Add the frozen edamame straight from the bag and boil 4 to 5 minutes, until the beans are bright green and tender but not mushy. At 5,300 ft water boils near 203 °F, so go by the bite, not the clock.

2. Drain well and shake dry. Do not rinse; leave them in the colander while you make the sauce.

3. Set a large skillet over medium heat and add the sesame oil. Stir in the garlic powder, red pepper flakes and ginger for 20 seconds, until it smells toasty. Do not let it scorch.

4. Pour in the soy sauce and lime juice. It will bubble and thicken in about 30 seconds.

5. Add the edamame and the salt. Toss for 1 minute so every bean is glossy and coated.

6. Scatter the sesame seeds over the top. Serve warm or at room temperature in four small bowls.

7. Keeps 3 days in a closed container in the fridge, cold or reheated in a skillet until hot, to 165 °F. Cool within 2 hours before it goes in the fridge.