

Easy Edamole

8 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Shelled Frozen Edamame (thawed under cool water)
4 ozs Silken Tofu
1 Navel Orange (Juice of one medium orange)
1 Lime (Juice of 1 lime)
1/4 tsp Sea Salt
2 tbsps Water
1 tbsp Minced Garlic
1 tbsp Green Chilis (Diced)
1/2 cup Red Onion (Chopped)
1/2 Tomato (Medium, chopped)
2 tbsps Cilantro (Chopped)

NUTRITION

AMOUNT PER SERVING

Calories	80	Fiber	2g
Fat	2g	Sugar	3g
Saturated	0g	Protein	6g
Trans	0g	Cholesterol	0mg
Carbs	9g	Sodium	82mg

DIRECTIONS

- 01 Blend edamame, tofu, orange and lime juice, salt, garlic and chilis in a food processor until smooth.
- 02 Add water as needed to blend thoroughly until smooth.
- 03 Remove mixture from processor and place into small bowl.
- 04 Stir onion, tomato, and cilantro into edamole. Salt to taste.

NOTES

USE:

A great substitute for traditional guacamole. Lower in fat & calories while being packed with protein & fiber. Use as a spread on sandwiches instead of mayo.

SERVE WITH

Serve with your favorite whole grain chip or fresh veggies.

DON'T LIKE CILANTRO

Sub in parsley for the cilantro.

WANT A SMOOTH DIP

Blend all ingredients together.

LIKE IT SPICY

Add more chilis or hot sauce for a little ZING!