

Edamame Toast

8 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Frozen Edamame (Shelled and thawed)
2 tbsps Minced Garlic
1 Lemon (juice & zest from 1 large lemon)
2 tbsps Water (Add more as needed)
8 slices Whole Grain Bread (toasted, thin slice)
1/3 cup Chopped Red Onion
1/2 cup Cherry Tomatoes (Chopped coarsely)
1/2 cup Artichoke Hearts (Chopped coarsely)
1/4 cup Fat Free Feta Cheese (Crumbled finely)
2 tbsps Capers
6 ozs Silken Tofu (silken or soft tofu)
1/4 cup Parsley (finely chopped)
1/4 cup Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	172	Fiber	6g
Fat	4g	Sugar	10g
Saturated	0g	Protein	11g
Trans	0g	Cholesterol	1mg
Carbs	26g	Sodium	253mg

DIRECTIONS

- 01 Combine edamame, silken tofu, 1 T. of the minced garlic, lemon juice and zest, and water in a food processor and blend until smooth (1-2 minutes).
- 02 Mix chopped tomatoes and 1 T. of minced garlic in small bowl.
- 03 Spread about 1/4 cup of edamame mixture on a slice of toasted whole grain bread.
- 04 Add toppings as desired: red onion, tomatoes/garlic, artichoke hearts, fat free feta cheese, caper, and parsley.
- 05 Drizzle your favorite balsamic vinegar reduction over the toppings.

NOTES

SERVING

One piece of toast with toppings. If you are having this as your meal, you could have 2 pieces of toast and round out the meal with a piece of fresh fruit.

TOPPINGS

Add cooked egg whites for a little more protein. Adjust toppings based on your personal preferences.

WHOLE GRAIN TOAST

I like Dave's Killer Bread, thin sliced sprouted. Aim for at least 3 grams of fiber per slice.

CUT THE SODIUM

Omit the capers and/or feta cheese.

VEGAN

Omit the feta cheese and egg white.

BALSAMIC VINEGAR TIPS

Look for a balsamic vinegar reduction or cream. It provides a more intense flavor. Try a flavored balsamic. Fig, truffle, pear, kalamata, or blood orange are a few of my favorites.