



INGREDIENTS

- 5 Cups Edamame (in pods)
- 8 Tablespoons Toasted Sesame Oil
- 4 Teaspoons Soy Sauce
- Salt and Pepper (to taste)

DIRECTIONS

1. Boil the edamame pods for 3 to 4 minutes. Drain in cold water and pat dry with paper towels.
2. Place a skillet over medium high heat and wait until it's hot – about 2 to 3 minutes. Add the toasted sesame oil and swirl to coat the surface.
3. Add the edamame pods and saute for about 2 to 3 minutes, until the pods are slightly charred.
4. Turn the heat off and add the soy sauce. Quickly stir until the sauce has evaporated.
5. Season with salt and ground black pepper and serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup