

EDAMAME STEW

Source: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=0&cId=6&rId=51>

Number of Servings: 4 Serving Size: 2 cups



Ingredients

- | | |
|---|---|
| 1 bag (16 oz) frozen shelled edamame (green soybeans)* | ½ tsp ground allspice (or substitute cinnamon or pumpkin pie spice) |
| 1 can (35 oz) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks | 2 Tbsp garlic, minced or pressed (about 5 cloves) |
| 2 C zucchini, rinsed, quartered, and sliced | 1 C frozen yellow corn |
| 1 C yellow onion, diced | ¼ tsp salt |
| 1 Tbsp olive oil | 2 Tbsp lemon juice (or 1 large lemon, freshly juiced) |
| 1 Tbsp ground cumin | ½ tsp dried oregano |
| ¼ tsp ground cayenne pepper | |

Preparation

- 1 Place frozen edamame in a deep saucepan with just enough water to cover. Bring to a boil over high heat. Reduce heat to medium and cover. Cook for 5 minutes. Drain. Set aside.
- 2 While soybeans cook, chop tomatoes, zucchini, and onion.
- 3 In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
- 4 Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
- 5 Add garlic. Cook and stir for 1 minute.
- 6 Stir in the drained edamame, tomatoes, zucchini, corn, and salt.
- 7 Cover. Simmer until zucchini is tender, about 15 minutes.
- 8 Stir in lemon juice and oregano.
- 9 Serve immediately.

Tip: Serve over brown rice. Add a side of fruit for a well-balanced meal.

calories 285, total fat 10 g, saturated fat 1 g, cholesterol 0 mg, sodium 303 mg, total fiber 14 g, protein 16 g, carbohydrates 40 g, potassium 1,227 mg