In Search of Edamame

Are you looking for a wonder snack that tastes delicious and is still nutritious? Look for edamame (ey-dah-MAH-meh), a fresh, specialty, green soybean.

Because edamame beans thrive in Kentucky, look for fresh, locally-grown beans in farmers’ markets and grocery produce sections. To ensure freshness, choose only bright-green pods free from yellowing.

Frozen edamame are also available in the frozen-food section of grocery and specialty food stores, packaged in the pod, shelled, or in vegetable mixtures.

Fresh edamame beans are easy to freeze. Just blanch them in the pod in boiling water for 3 minutes; next, ice water for 3 minutes. Drain, package, and freeze.

Edamame beans are versatile, easy to prepare, and blend into many dishes:

- Snack foods—use your thumb and forefinger to squeeze the cooked bean from the pod
- Side dishes and appetizers
- Stir-fry and skillet meals
- Salads and mixed-vegetable blends
- Soups, spaghetti sauce, chili
- Ethnic dishes
Edamame Quick Cook: Place 1 pound of edamame beans in a microwave steamer, add 1/4 cup water, and steam on high for 5 minutes. Remove beans from pod and serve hot or in salads.

Edamame Conventional Method: Simmer fresh soybeans in 1/4 cup water for 10 minutes. Remove from pod and serve hot or cold.

Bean and Corn Delight
1 (15-oz.) can green beans, drained
1 cup edamame soybeans, cooked and shelled
1 (15-oz.) can wax beans, drained and rinsed
1 cup cooked fresh or frozen corn
1 red bell pepper, finely chopped
1 red onion, sliced thinly
1 clove garlic, minced

Dressing:
3/4 cup fat-free Italian salad dressing
1/4 teaspoon chili powder (optional)
1 tablespoon lime juice

In a large bowl, combine salad ingredients. In a separate jar, combine dressing ingredients and then pour over salad. Refrigerate for 6-8 hours and serve. Salad may be served with 2 cups cooked pasta for a main dish salad. Serves 8-10.

Per serving: 72 calories; 1 g fat; less than 1 g saturated fat; 13 g CHO; 54 mg calcium, 4 g protein.

The 20-Minute Dinner
1 pound skinned and deboned chicken breasts, cut into 1-inch cubes
2 packages ramen noodles
1 (16 oz.) package frozen broccoli, carrots, and soybean medley
2 cups water
1/2 onion, chopped
Reduced-sodium soy sauce, to taste

Brown chicken in a large, non-stick skillet. In the same skillet, add water, vegetables, onion, 2 packages of ramen noodles (crushed), and seasoning packets. Mix together and cook, covered, on medium heat until noodles and vegetables are tender. Stir occasionally. Makes a quick one-dish meal. Serve with soy sauce.

Serves 6. 175 calories, 6 g fat, 1 g saturated fat, 10 g CHO, 64 mg calcium, 21 g protein.

Soybean Mexican Casserole
1 (15 oz.) can black beans
1 (15 oz.) can fire roasted tomatoes
1 (15 oz.) can corn
1 (15 oz.) can pinto beans
1 (1 oz.) package of dry taco seasoning
1 (1 oz.) package of dry ranch dressing mix
1 (16 oz.) package of frozen vegetables
1 (16 oz.) can black beans
1 (16 oz.) can fire roasted tomatoes
1 (16 oz.) can corn
1 (16 oz.) can pinto beans
1 (1 oz.) package of dry taco seasoning
1 (1 oz.) package of dry ranch dressing mix
1 (16 oz.) can black beans
1 (16 oz.) can fire roasted tomatoes
1 (16 oz.) can corn
1 (16 oz.) can pinto beans
1 (1 oz.) package of dry taco seasoning
1 (1 oz.) package of dry ranch dressing mix

In stockpot or deep pot, brown ground beef and drain juice. Drain corn, pinto beans, soybeans, and ranch beans; add to ground beef. Add tomatoes, green beans with juice, and seasoning packets. Add water. Heat until boiling, and simmer 30 minutes. For those with tender taste buds, use diced tomatoes and half of taco seasoning.

Serves 12. 205 calories, 5 g fat, <1 g saturated fat, 25 g CHO, 76 mg calcium, 15 g protein.

Joys of Soy
In addition to heart benefits, research highlights other health benefits of soy-based foods:

♥ A soy-rich diet may reduce the risk of certain types of cancer, particularly breast cancer and prostate cancer.

♥ Soy protein protects bones against osteoporosis.

♥ The estrogen-like properties of soy may help alleviate menopausal symptoms.

♥ Soy protein helps control diabetes and kidney disease.

Edamame Recipes

Zorba’s Potato Salad
4-5 red-skinned potatoes, washed and cubed with skin intact
1/4 cup black olives, drained and sliced
3 ounces Feta cheese, crumbled
1/2 onion, chopped
1/2 cup non-fat Greek or Italian dressing

Place potatoes in a saucepan and cover with water. Bring water to a boil and cook until potatoes are tender, about 12-15 minutes. Drain and cool potatoes. Add crumbled Feta cheese, olives, and dressing. Top with edamame soybeans. Mix together. May be served warm or cool. Refrigerate.

Serves 8. 147 calories, 4 g fat, 2 g saturated fat, 22 g CHO, 94 mg calcium, 6 g protein.

Angel Pasta Salad
8 oz. angel-hair pasta, cooked, drained, and cooled
1 teaspoon seasoning salt
2 tablespoons lemon juice
2 tablespoons soy oil

Mix salt, lemon juice, and oil; pour over pasta. Toss and marinate in refrigerator overnight. To this, add vegetables and mayonnaise and mix gently. If desired, add tomatoes on top for garnish.

Serves 8. 136 calories, 6 g fat, <1 g saturated fat, 16 g CHO, 51 mg calcium, 5 g protein.

Wildcat Taco Soup
1 pound lean ground beef, browned and drained
1 (15-1/2 oz.) can whole kernel corn, drained
1 (15-1/2 oz.) can pinto beans, drained
1 (15-1/2 oz.) can ranch beans (or black beans), rinsed and drained
1 (15-1/2 oz.) can Italian green beans
1 (15-1/2 oz.) can stewed tomatoes
1 (1 oz.) package dry taco-seasoning mix
1 (1 oz.) package dry ranch-dressing mix
3 cups water
1 cup edamame soybeans, cooked and shelled

In stockpot or deep pot, brown ground beef and drain juice. Drain corn, pinto beans, soybeans, and ranch beans; add to ground beef. Add tomatoes, green beans with juice, and seasoning packets. Add water. Heat until boiling, and simmer 30 minutes. For those with tender taste buds, use diced tomatoes and half of taco seasoning.

Serves 12. 205 calories, 5 g fat, <1 g saturated fat, 25 g CHO, 76 mg calcium, 15 g protein.