

Crunchy Edamame Snacks

Perfect for when you want something crunchy!

Ingredients

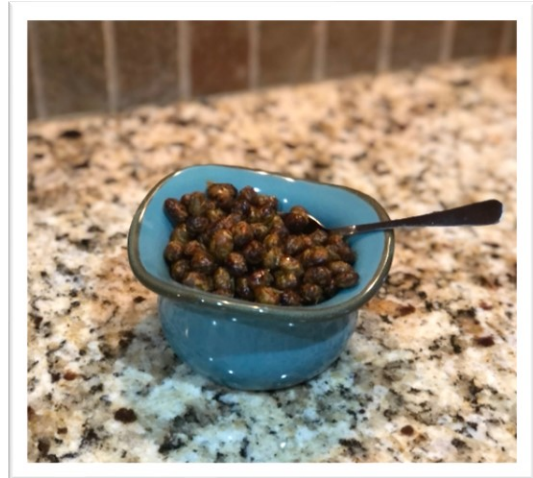
1 pound bag frozen edamame (in pod)

1 tbsp olive oil

Garlic salt (or other seasoning of your choice)

Directions:

1. Microwave edamame according to directions on package.
2. Shell and separate beans into bowl.
3. Drizzle with olive oil and spread onto baking sheet.
4. Sprinkle with seasoning.
5. Bake at 225 degrees for 45-50 minutes. Check and stir every 5 minutes toward the end.
6. Cool & serve.



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Nutritional Info: Serving size ½ cup

Calories: 140

Fat 7g

Total Carbohydrate 12g

Fiber 9g

Protein 9g

WEIGHT LOSS
SUCCESS