

EDAMAME (SOYBEANS)



Ingredients (makes 4 or more servings):

- 1 lb or 1 pack of frozen edamame
- 4-5 quarts of water
- 1-2 Tbsp salt & pepper
- 1 Tbsp toasted sesame seeds

Directions:

1. Bring the water to a boil and cook edamame
2. Drain and rinse with cold water
3. Add the toasted sesame seeds and toss
4. Season with salt and pepper to taste