February 10- Edamame Nibbles
Smart Snack
Link: http://www.eatingwell.com/recipes/edamame_nibbles.html

Recipe
Ingredients:
4 cups frozen edamame 2 teaspoons coarse salt

Directions:
1. Cook edamame according to package directions.
2. Toss edamame with salt.

Yield 16 servings

Nutrition Facts
Serving Size 1/4 cup (39.4g)
Servings Per Container 16

Amount Per Serving
Calories 50 Calories from Fat 20
% Daily Value*
Total Fat 2g 3%
Saturated Fat 0g 1%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 280mg 11%
Total Carbohydrate 4g 1%
Dietary Fiber 2g 8%
Sugars <1g
Protein 4g 8%

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.