



The Geneva School

2025 State Road 436, Winter Park, FL 32792

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## EDAMAME

Today students in grades 1-6 tasted



edamame, also known as fresh young soybean. It is a nutritionally packed legume in a hairy seed pod. High in protein and dietary fiber,

this vegetable contains all 8 essential amino acids along with isoflavones, iron, calcium, and vitamins A, B, C, and K and other micronutrients.

Boiled in the shell, edamame makes a great snack for lunch boxes or afterschool and it can be served hot or cold. Kids love popping the bean into their mouth straight from the pod! Shelled, edamame can be served as a side at lunch or dinner or added to salads, soups, or blended into a hummus.

Edamame is parboiled and quick-frozen to retain its freshness and flavor and can be found shelled or unshelled in the freezer section of many grocery stores.

### Boiled Edamame Snack

1/2 lb frozen edamame, unshelled in pods  
3 cups water  
1 tsp. salt

- In a medium sauce pan, boil water and add 1 tsp. salt.
- Add edamame pods and boil for 5 minutes.
- Drain. Then, using your fingers simply pop the seeds out of the pod and into your mouth!
- May be served warm or cold the next day. Serves 2-4

### Edamame Hummus

1/2 lb frozen, shelled edamame (organic, preferred!)

2 Tbsp. sesame oil

1/4 cup water

1 lemon, juiced (organic)

1-2 garlic cloves

1 tsp. kosher salt

3 Tbsp. Ex Virgin Olive oil

1 Tbsp. fresh parsley

- Boil the beans in salted water for 4 to 5 minutes, or microwave, covered, for 2 to 3 minutes.
- In a food processor or blender, puree the edamame, water, lemon juice, garlic, salt until smooth. With the motor running, slowly drizzle in 2 tablespoons of the olive oil and the sesame oil and mix until absorbed.
- Transfer to a small bowl, stir in the parsley and drizzle with remaining oil. Serves 4

### Asian Edamame Noodle Salad

8 oz high protein, high fiber or whole wheat pasta

1/4 cup organic edamame, shelled

1/4 cup shredded organic carrots.

5 Tbsp. organic or natural Asian dressing of your choice

- Mix pasta according to directions, toss with remaining ingredients
- Chill until cool. Serves 4

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