

Soy At Home Series No. 5

Edamame



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Unlike dry soybeans, which require long cooking or processing into other forms of soy foods, edamame (fresh green soybeans) can be eaten after only brief cooking. Edamame are more easily digested than cooked dry beans because the fresh beans are lower in oligosaccharides (indigestible sugars).

Purchasing or harvesting

Green soybeans still in the pod are sold in some farmers' markets or Asian grocery stores in the late summer. Edamame seeds are for sale on the internet to plant in a home garden. Harvest the beans when the seeds have reached full size and the pods are bright green and have not yet begun to yellow. Beans reach their maximum sweetness about a month after flowering. Either pick the pods from the plant or cut the plant at the base and pull the whole plant from the ground prior to removing the pods.

Basic preparation

Ingredients

- water
- salt (optional)
- fresh green soybeans in the pod

Method

1. Bring a pot of water or lightly salted water to a boil. Add the pods and return the water to a boil; boil for about 5 minutes.
2. Drain the beans and cool them under running water.
3. *To serve in the pod* – The edamame may be lightly salted and served as an appetizer or snack. To eat the beans from the pod, apply gentle pressure to the pod and pop the beans directly into the mouth. Do not eat the pod.
4. *To serve without the pod* – It is extremely difficult to remove the beans from the pod prior to cooking, but they slip out easily once cooked. Shell the cooked edamame by gently squeezing the pod to release the beans.

Storing & using edamame

Edamame taste best when cooked as soon after picking as possible. They may be held up to a day or two before cooking, longer if refrigerated. Once cooked, the edamame are perishable and should be stored in the refrigerator for up to several days. The boiled beans may also be frozen with or without the pods. To reheat, simply drop the frozen edamame into boiling water and cook for a few minutes.

Italian Pasta Salad

- 8 oz. corkscrew pasta
- 1 cup frozen shelled edamame
- 1 cup broccoli florets
- 1 small zucchini, sliced in thin quarter rounds
- ½ red bell pepper, diced
- ½ cup shredded carrot
- ¼ red onion, cut in thin, quarter-round slices
- ½ cup prepared Italian salad dressing
- 1 cup grape tomatoes or halved cherry tomatoes

1. Bring water to boil as called for on pasta package. Add pasta and cook. About 3 to 5 minutes before the pasta is done, add the edamame. Cook until the pasta is done. Add the broccoli florets, then immediately drain the pot and rinse the pasta with the edamame and broccoli. Transfer to a large serving bowl.
2. Toss in the zucchini, red bell pepper, shredded carrot, and sliced red onion. Pour the dressing over and mix well. Cover and refrigerate until ready to serve.
3. Just before serving, mix in the tomatoes.

Makes 9 cups

Per serving (1 cup): 180 calories, 6 g protein, 24 g carbohydrate, 6 g fat (0.8 g saturated), 2.6 g dietary fiber

Tabbouleh

- 1 cup bulgur*
- 2 cups boiling water
- 1 cup flat-leaf parsley, finely chopped
- ½ cup fresh mint, finely chopped (optional)
- 2 tomatoes, diced
- 1 cup cucumber, peeled, seeded and diced
- 1 bunch green onions, chopped (white and most of the green)
- 1 cup edamame, shelled, boiled per package instructions
- ⅓ cup lemon juice
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. pepper

1. In a small bowl, stir together bulgur and boiling water. Cover tightly with lid or plastic wrap and let sit for 20-30 minutes, until bulgur is soft. Drain in a sieve to remove excess liquid and put the drained bulgur into a medium mixing bowl.
2. Add the parsley, optional mint, tomatoes, cucumber, green onions, and edamame; mix well.
3. Combine the lemon juice, olive oil, salt, and pepper. Pour over the salad and mix well. Refrigerate before serving.

Makes 7 cups

Per serving (1/2 cup): 77 calories, 3 g protein, 11 g carbohydrate, 3 g fat (0.3 g saturated), 3.1 g dietary fiber

**Bulgur, available in natural foods stores and many grocery stores, is roasted cracked wheat. It is used in many Middle Eastern dishes as well as in this classic salad.*

Colache

Confetti Corn Salad

- 1 Tbsp. vegetable oil
- 1 small onion, chopped
- 2 medium zucchini, chopped in ½” cubes
- 2 cups frozen corn or fresh corn kernels removed from the cob
- 1 cup shelled edamame
- ½ cup water
- 2 medium tomatoes, chopped
- 1 ½ tsp. dried oregano
- ½ tsp. salt
- ¼ tsp. pepper

1. Heat the oil in a large nonstick frying pan over medium heat. Sauté the onion until soft, but do not brown.
2. Stir in the zucchini, corn, edamame, and water. Cook, stirring occasionally, until the zucchini and corn are almost tender. If necessary, add a little more water.
3. Stir in the tomato and season with the oregano, salt, and pepper. Cook just long enough to heat through. Add more salt or pepper as desired. Serve hot.

Makes 4 cups

Per serving (1/2 cup): 90 calories, 4 g protein, 13 g carbohydrate, 3 g fat (0.2 g saturated), 3.4 g dietary fiber

- 1 ½ cups cooked, shelled edamame
- 1 package (10 oz.) frozen corn, thawed
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 cup diced celery
- ½ cup chopped green onions
- 2 Tbsp. lemon juice
- 2 Tbsp. lime juice
- 2 tsp. honey
- 2 tsp. oil
- ½ tsp. curry powder
- ½ tsp. garlic salt
- ½ tsp. black pepper

1. In a large bowl, combine the edamame, corn, green pepper, red pepper, celery, and green onions.
2. Combine the lemon juice, lime juice, honey, and oil in a small bowl. Whisk in the curry powder, garlic salt, and pepper. Pour the dressing over the corn mixture and toss to coat. Cover and refrigerate until serving.

Makes 8 servings

Per serving: 100 calories, 4 g protein, 15 g carbohydrate, 2.6 g fat (0.2 g saturated), 3.4 g dietary fiber

Nutrients

Soy contains high quality (“complete”) protein. In addition to traditional nutrients, soy is also rich in phytochemicals like isoflavones, saponins, and sterols that offer many health benefits.

1/2 cup cooked edamame:

127 calories

11 g protein

12 g carbohydrate

5 g fat (0.6 g saturated fat)

3.2 g dietary fiber

93 mg calcium

Source: USDA Nutrient Database

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