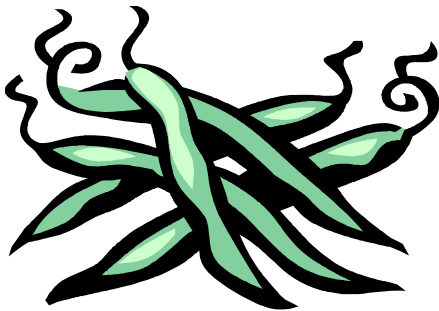




RECIPE OF THE WEEK

ROASTED CHILE-SPICED EDAMAME

A slight crunch on the outside gives way to a meaty inside. We used authentic New Mexico chile powder which is made from dried chiles and has a slightly bitter taste. Regular chile powder (which has additional spices such as cumin, garlic and oregano) is also good.



- 1 package (14 ounce) frozen blanched shelled edamame (green soybeans), thawed
- cooking spray
- 1 tablespoon New Mexico red chile powder or chile powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground red pepper

Preheat oven to 350 degrees.

Arrange edamame in a single layer on a baking sheet and coat with cooking spray. Combine chile powder and remaining ingredients. Sprinkle over edamame and toss to coat.

Bake edamame at 350 degrees for 1 1/2 hours, stirring beans every 30 minutes.

Yield: 4 servings

Nutritional Breakdown Per Serving:

- 140 calories
- 11 grams carbohydrate
- 12 grams protein
- 6 grams fat (saturated – 0.5 grams)
- 5 grams fiber
- 290 mg. sodium

