

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

EDAMAME



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Edamame Pods Appetizer

Ingredients

2 cups frozen or fresh edamame in pods
6 cups water
1 teaspoon salt

Directions

Bring water and salt to a boil. Add edamame and cook for about 5 minutes until edamame are tender.



Drain thoroughly and toss with a coarse salt. Serve warm or cold.

To eat them, use your fingers or teeth to open the pod and eat the beans. Discard the pod.

*Nutrition Info per serving (serves 4):
Calories 94; Total Fat 4g; Sodium 575 mg; Carbs 7.5g; Protein 8.5g*

Garlic Edamame

Ingredients

1 bag frozen edamame
3 cloves garlic
2 tablespoons olive oil
Low sodium soy sauce

Directions

Boil the edamame as directed on package. Drain and set aside. In a large skillet, heat the olive oil. Crush the 3 cloves of garlic, but leave them in 1 piece. Toss them



into the skillet with the edamame and sauté until the outsides are just beginning to brown. Sprinkle lightly with soy sauce.

To eat them, use your fingers or teeth to open the pod and eat the beans. Discard the pod.

Nutrition info per serving (serves 6): Calories 69; Total Fat 5.8g; Sodium 1.7mg; Carbs 2.4g; Protein 2.9g

Teriyaki Edamame Sauté

Ingredients

1 tablespoon olive oil
1 8 oz. bag coleslaw mix
2 cups shelled edamame beans, thawed if frozen
1/4 cup reduced sodium teriyaki sauce

Directions

Heat oil in a large nonstick skillet over medium heat. Add coleslaw mix and cook stirring, until the cabbage



begins to soften, about 2 minutes. Stir in edamame beans and teriyaki sauce. Cook, stirring, until the edamame are heated through and the sauce thickens, about 1 minute more.

*Nutrition info per serving (serves 2):
Calories 249; Total Fat 12g; Dietary Fiber 8g; Protein 17g; Sodium 670mg; Carbs 21g*

Recipes courtesy of Harford County Master Gardeners. Images from allrecipes.com and MGs.



Who said this?

Kids are now eating things like edamame and sushi. I didn't know what shiitake mushrooms were when I was 10 - most kids today do. - *Emeril Lagasse, Celebrity chef*

The first time I ever tried edamame, I thought it was gross. I didn't understand the hairy skin. Now I scarf down a bowl of edamame when I sit down at a restaurant, and I don't think twice about it. - *Zal Batmanglij, Film director*

Edamame Jokes:

What does the baby soybean call its mother? EDAMOMMY!

What did the edamame say when it aced its exams?
"I guess I really know my beans!"

What's an edamame's favorite movie genre? Soy-fi!

Don't trust edamame with secrets, they're known to spill the beans.



Believe It or Not!

1. One cup of edamame beans provides 34% of your daily protein needs.
2. Edamame are immature soybeans that are picked before they ripen.
3. Edamame literally means stem and bean. In early Japan it was considered a "fast food" because people ate edamame by holding stems while walking.
4. How do you eat edamame? Put the pod in your mouth and squeeze or bite the beans from the pod. Don't eat the pod!
5. Traditionally edamame is blanched in lightly salted water and served from the pods, either warm or cold.
6. China consumes the most soybean meal, followed by the United States.
7. Edamame pods usually contain 2-3 beans per pod, but it is not unheard of to find pods with four beans. Looking for a four bean pod is similar to searching for a four leaf clover!
8. A protein-packed Green Smoothie is often made with edamame, mango, kale, and fresh grated ginger.



What are... edamame?

Edamame (pronounced eh-duh-maa-may) are simply soybeans that have been harvested early. The pods at this stage are still green and the inner beans are

tender and soft and a little sweet. Regular soybeans are left on the plant to fully mature. Most of the time you steam edamame and eat the beans with a little salt. Soybeans are often used to make foods like soy milk and tofu. Edamame is often used as a snack or appetizer in restaurants. They can be used as protein in salads, soups, stir fry, or grain bowls. You can buy it fresh or frozen and with or without the pod.

The Eden Mill Demonstration Garden sowed a few edamame seeds this year to test its feasibility as a yearly crop. What we discovered is that bunnies love edamame sprouts. So the crop was quickly covered. If you grow edamame in your own garden, you can harvest the pods at their peak of tastiness. But after being harvested, edamame does not remain fresh for long. After three days they are not good for consumption. This is why most edamame is sold in the frozen food section. Edamame beans are a good source of dietary fiber and protein.

Health Benefits

Edamame is a tasty, nutritious legume and a low calorie snack option. Traditionally eaten in Asia, edamame has gained popularity in Western countries. In the United States, most edamame is sold frozen. The beans are rich in several vitamins and minerals, especially vitamin K. Edamame is rich in protein, antioxidants, and fiber that may lower cholesterol levels and the risk of heart disease. Some studies suggest that foods like edamame may reduce the risk of breast cancer, but these studies are inconclusive. There is some evidence that eating soy products may protect against prostate cancer, but more studies are needed.

Because edamame is found in the frozen food section of the grocery store, it is simple and convenient to add this versatile vegetable to meals. Prepare crispy edamame with parmesan cheese, or shrimp and edamame, or spicy edamame dumplings. Add to rice bowls and vegetable soup or pasta salad or lettuce wraps. It's time to freshen up your menu with a new vegetable!

Source: [healthline.com](https://www.healthline.com)



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