

Edamame Hummus

Yields: 20

Portion Size: 2.5 ounce

Ingredients

| | |
|------------|---------------------------------|
| 1-1/2 Cup | Water, Boiling |
| 1 cup | Edamame, Shelled, Frozen |
| 3 cup | Garbanzo Beans, Canned, Drained |
| 3 | Garlic Cloves, Peeled, Fresh |
| 1/4 cup | Lemon Juice |
| 2 tsp | Ground Cumin |
| 1/2 tsp | Sea Salt |
| 1/4 cup | Water |
| 2-1/8 tbsp | Olive Oil |

Method

1. Boil the edamame beans until they are soft and will blend easily. Drain edamame and cool until it reaches 41 degrees Fahrenheit.
2. Place garbanzo beans, edamame, garlic, lemon juice, tahini, cumin, and sea salt in bowl of a food processor. Process until beans start breaking up, about one minute.
3. Add olive oil and water to hummus, puree until creamy and smooth. Scrape down sides of bowl to ensure all the beans are pureed. Add more water as needed to make the puree creamy and smooth.

Flatbread Chips

Yields: 20

Portion Size: 1 x each

Ingredients

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|---------|--------------------------|
| 2 | Multigrain Flatbread |
| 1/2 tsp | Basil, Fresh, Chopped |
| 1/2 tsp | Parsley, Fresh, Chopped |
| 1/2 tsp | Chives, Fresh, Chopped |
| 1/2 tsp | Oregano, Fresh, Chopped |
| 1/2 tsp | Cilantro, Fresh, Chopped |
| 1/2 tsp | Extra Virgin Olive Oil |
| 1/8 tsp | Ground Black Pepper |

Method

1. Cut flatbread in half lengthwise, place two pieces on top of each other. Cut into 6 triangles, 12 chips per flatbread.
2. Place chips on sheet pan; lightly spray chips with olive oil. Sprinkle with pepper and herbs. Bake in 350F degree oven and bake for 10 minutes or until crispy and lightly brown. Cool completely.

Nutrition Information for chips: Calories: 109, Total Fat: 4g, Carbohydrate: 14g, Protein: 6g