

Spreading the Joy of Soy—Tasty and Good for You



EASY EDAMAME DIP—Delightful flavor, high in protein and low in calories.

(NAPSA)—Soy is not only good for you, it's tasty, easy to prepare and easy to find. Soyfoods are everywhere these days—in your supermarket, in restaurants, even in coffee carts and cafés. There's good reason. Soyfoods are high in protein, low in saturated fat and cholesterol and good for almost everyone—dieters included. Many soy-based alternatives to popular American food items are higher in protein, lower in calories and in fat, and also provide fiber, which helps make them satisfying.

Take a trip to the vegetable section of the frozen food aisle and pick up some shelled edamame (green soybeans). These pretty little beans are amazingly versatile and easy to work with.

During Soyfoods Month, which is April, many markets will be offering you opportunities to savor soy with in-store demos and samplings, classes and more.

This easy dip is a beautifully green variation of hummus. Serve with toasted wedges of pita bread, fresh vegetable dippers or soy crackers.

EDAMAME DIP

- 1½ cups shelled edamame (green soybeans)**
- 1 tablespoon extra-virgin olive oil**
- ½ teaspoon salt**
- ½ teaspoon ground cumin**
- 2 garlic cloves, peeled**
- ½ cup parsley sprigs**
- 3 tablespoons water**
- 3 tablespoons fresh lemon juice**

Prepare edamame according to package instructions, omitting salt. Drain. Place oil, salt, cumin and garlic in a food processor; pulse two to three times or until garlic is coarsely chopped. Add edamame and remaining ingredients; process one minute or until smooth. For a thinner consistency, add another tablespoon of oil and pulse. Spoon dip into serving bowl. Yield: 8 servings.

Calories 220 (28 percent from fat); Fat 6.8 g; Protein 9.3 g; Carbs 30 g; Fiber 1.8 g; Cholesterol 0 mg; Iron 2 mg; Sodium 417 mg; Calcium 84 mg.

For more recipes and information, visit www.thesoyfoodscouncil.com.