



GARLIC EDAMAME

INGREDIENTS

ITEM	QUANTITY
Edamame (Shelled or in Pods)	1 Cup
Sesame Oil	1 Tsp.
Soy Sauce or Coconut Aminos	1 Tsp.
Garlic Powder	
Salt	
Chili Flakes	

SERVING SIZE

1

PREPARATION

- 👉 Steam edamame according to package instructions until hot and tender.
- 👉 Drain well and transfer to a bowl while still warm.
- 👉 Drizzle with sesame oil and soy sauce.
- 👉 Toss to evenly coat all pieces.
- 👉 Season with garlic powder, salt, and chili flakes.