

Creamy edamame hummus

Makes about 10 servings

1.5 cups frozen shelled edamame
1/4 cup tahini
1/4 cup water
1/2 teaspoon lemon zest
3 tablespoons lemon juice (or one lemon, juiced)
1 clove garlic, smashed
3/4 teaspoon salt
1/2 teaspoon cumin
3 tablespoons extra virgin olive oil
1 tablespoon chopped parsley



Boil edamame in salted water for 4-5 minutes, or microwave covered for 2-3 minutes.

Add all ingredients except olive oil and parsley to food processor and puree until smooth. Slowly drizzle in 2 tablespoons of olive oil. Transfer to serving bowl. Stir in the parsley and top with remaining olive oil.



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