

## Edamummus

Makes 5 servings

10 ounces (about 2 cups) cooked shelled edamame, cooled  
3 Tablespoons freshly squeezed lemon juice (juice of 1 lemon)  
3 medium cloves fresh garlic, minced  
2 Tbsp fresh flat-leaf parsley, chopped  
1/4 tsp salt  
2 tsp extra-virgin olive oil  
1/4 cup nonfat Greek yogurt (or plain nonfat yogurt)

In the bowl of a food processor (or blender), combine the edamame, lemon juice, garlic, parsley, and salt. Process until the mixture is paste-like and the edamame is finely chopped, scraping down the sides of the bowl (or blender) as necessary. With the food processor on, slowly drizzle the olive oil through the top until well mixed. Add the yogurt and process until combined. Serve immediately or refrigerate in an airtight container for up to 3 days.

Serve with fresh cut vegetables or whole grain crackers.

Nutrition Facts (per serving, about 1/4-cup): 90 calories, 4.5 g fat (0 g saturated fat), 125 mg sodium, 3 g dietary fiber, 7 g protein. 20% Vitamin C, 8% Iron.

*Recipe adapted from "The Biggest Loser Family Cookbook"*



The University of Georgia

Food Services