

Edamame Spread

Ingredients

- 1 lb. shelled edamame
- 2 Tablespoons fat free whipped cream cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ to ½ cup water
- Juice of ½ lemon

Mise en place! (Everything in its place)

Directions

1. Cook edamame 10 minutes in boiling water.
2. Drain in colander and spray with cold water.
3. Add all ingredients except water to food processor or blender.
4. Blend and scrape down sides several times until beans are coarsely chopped.
5. Add ¼ cup water and blend 1-2 minutes.
6. Repeat process, adding water a tablespoon at a time until desired consistency is reached.
7. Adjust seasoning to taste.
8. Use as dip, sandwich spread or topping.

[Link to Video](#)