

Healthy Eating

A Fun Way To Obtain The Benefits Of Soy

(NAPSA)—For centuries, Asian cultures have known about the health benefits of the soy bean. As Americans learn more about these benefits, soybeans and soy-based products, such as soymilk and tofu, are increasing in popularity.

Because the FDA says that consuming 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease, more Americans are finding ways to work soy into their diets.

One of the easiest and most fun ways to eat soy is edamame, which resemble small sugar snap peas. Edamame, “The Wonder Veggie,” are large soybeans that are harvested when the beans are still green and sweet and only 80 to 90 percent mature. A common appetizer in Japanese restaurants, edamame can be served as a snack or a main vegetable dish, after boiling in slightly salted water for four to five minutes.

Just one ½ cup serving of edamame contains 35 mg of isoflavones, or plant-based estrogen. In addition to soy protein, edamame is low carb, contains all the essential amino acids, is high in essential fatty acids and fiber, and contains no cholesterol.

For more information about edamame, as well as fun, healthy edamame recipes, visit www.SeapointFarms.com. Here’s a delicious and easy recipe for Spicy Edamame Dip:

SPICY EDAMAME DIP

- 4 large garlic cloves, unpeeled
- 1 bag (16 oz.) Seapoint Farms Shelled Edamame
- 1¼ tsp. salt



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- ½ tsp. ground coriander
- ½ tsp. ground cayenne
- ¼ tsp. ground cumin
- 6 Tbsp. olive oil
- ¼ cup fresh lime juice
- ¼ cup chopped fresh cilantro, plus a few sprigs for garnish

Prepare: Roast the garlic in an ungreased skillet over medium heat, turning frequently until softened, about 15 minutes. Cool and peel skins. Boil the Seapoint Farms Shelled Edamame in salted water for 5 minutes. Drain edamame and cool to room temperature.

Place peeled garlic into a blender or food processor with the motor running to coarsely chop it. Add the drained edamame, salt and spices. Add ½ to ¾ cup of the cooking water and process until a smooth purée. Add the oil, lime juice and cilantro. Pulse to combine. Spoon into a serving dish. Serve at room temperature with cut celery & zucchini wedges for a low carb and healthy snack.