

Edamame Hummus



Makes 4 Servings

- 2 cups cooked edamame beans or 1 (16-ounce) bag frozen, ready to serve edamame
- 1 clove garlic, minced
- Juice of 1 lemon
- 2 tablespoons of tahini
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 tablespoon of flax seeds
- 1 pinch of cayenne pepper
- Salt & freshly ground black pepper
- 1 sprig cilantro for garnish

Put edamame beans, garlic, lemon juice, olive oil, and honey into a food processor blender and puree until smooth.

Toast flax seeds in a heavy, flat-bottomed skillet over medium-high heat, add to food processor and puree along with more olive oil until achieving desired consistency. Season with salt and pepper to taste and serve in dip dish with cilantro.