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National Nutrition  
Month®**



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NATIONAL NUTRITION MONTH™ 2016

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# Arbor Recipe of the Week!

## Featuring: Spicy Garlic Edamame

**Makes:** about 4

**Serving Size:** ½ cup

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

### Ingredients:

2 cups Edamame, *frozen, shelled*  
2 Tbsp Olive Oil  
2 Tbsp Fresh Lime Juice

2 cloves Garlic, *minced*  
½ - 1 tsp Red Pepper Flakes  
pinch Salt

### Directions:

1. Steam edamame (about 5 min).
2. Mix olive oil, garlic, red pepper flakes, and lime juice.
3. Toss edamame in oil mixture and sprinkle with a pinch of salt. Serve hot.

### Suggestions:

- 🌱 Make a meal by serving it over brown rice. Keep it vegetarian by adding more vegetables, like carrots, broccoli, squash, and bell peppers. Chicken, beef, or seafood also make delicious accompaniments.
- 🌱 If using unshelled edamame, place the pod in your mouth. Using your teeth, squeeze out the beans by pulling. Eat the beans, but not the pods!

### Nutrition Facts

Amount Per Serving		Calories from Fat 95
Calories 165		
% Daily Values*		
<b>Total Fat</b> 10.5g		<b>16%</b>
Saturated Fat 1.4g		<b>7%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Potassium</b> 347mg		<b>10%</b>
<b>Sodium</b> 44mg		<b>2%</b>
<b>Total Carbohydrate</b> 9g		<b>3%</b>
Dietary Fiber 4g		<b>16%</b>
Sugars 2g		
<b>Protein</b> 9g		<b>18%</b>
Vitamin A 2%	•	Vitamin C 13%
Calcium 5%	•	Iron 10%
Vitamin K 26%	•	Folate 60%
Phosphorus 13%	•	Magnesium 13%



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