



EDAMAME DIP

LOW CALORIE AND RICH IN PROTEIN

NUTRITIONAL INFORMATION: Calories 70; Fat 4g; Sodium 163mg; Protein 5g; Carbohydrate 4g; Fiber 2g

SPICY GARBANZO BEANS AND NUTS

HIGH IN PROTEIN AND FIBER

NUTRITIONAL INFORMATION: Calories 170; Fat 9g; Saturated Fat 1.5g; Sodium 120mg; Protein 6g; Carbohydrates 17g; Fiber 3g



METABOLISM MAKEOVERS RECIPES

EDAMAME DIP – SERVES 6

INGREDIENTS:

1½ cups frozen blanched shelled edamame (green soybeans)
1 tablespoon Enova or Canola oil
½ teaspoon salt
½ teaspoon ground cumin
¼ teaspoon ground coriander
2 garlic cloves, peeled
3 tablespoons water
¼ teaspoon red pepper flakes

PREPARATION:

Prepare edamame according to package directions, omitting salt. Place ingredients in a food processor, and pulse 2 to 3 times or until smooth. Serve with whole grain pita crisps or vegetables.

RECIPE NOTES:

Dip with carrot, celery sticks or whole grain crackers. Serving Size: ¼ cup

SPICY GARBANZO BEANS AND NUTS – SERVES 12

INGREDIENTS:

2 15½-ounce cans garbanzo beans (chickpeas), drained and dried
2 tablespoons canola oil
½ teaspoon kosher salt
1 teaspoon ground cumin
1 teaspoon ground black pepper
½ teaspoon cayenne pepper
1 cup shelled unsalted raw pistachios or cashews
2 teaspoons fresh thyme leaves

PREPARATION:

Preheat oven to 400 °F. Toss garbanzo beans with next 5 ingredients listed in medium bowl. Transfer mixture to rimmed baking sheet. Bake until garbanzos are golden and crisp, stirring occasionally with metal spatula, about 20 minutes. Stir nuts and thyme into garbanzo mixture. Bake until beans and nuts are crunchy, about 12 minutes. Transfer mixture to bowl and serve warm.

TIP:

The drier your chickpeas, the crispier they will be! Put a few layers of paper towel on a baking sheet, then spread out the chickpeas. Pat dry with paper towels or place in the fridge overnight.

