

Edamame Hummus



snacks

POINTS® Value: 2

Servings: 10

Preparation Time: 12 min

Cooking Time: 0 min

Level of Difficulty: Easy

Hummus is a Middle Eastern dip typically made from chickpeas. This version uses edamame and Asian seasonings to give it delicious Japanese flavor.

Ingredients

- 4 medium scallion(s), thinly sliced
- 1 medium garlic clove(s), quartered
- 3 cup edamame (shelled), cooked
- 1/4 cup low-sodium soy sauce
- 1/4 cup rice vinegar
- 1 fl oz mirin, or sweetened Japanese cooking wine (about 2 Tbsp)
- 1 Tbsp canned tahini
- 1 tsp wasabi powder
- 1 Tbsp toasted sesame oil
- 1/2 tsp sea salt, or to taste

Instructions

- Place all ingredients in a food processor fitted with a chopping blade; pulse a few times, scrape down sides of bowl and process until smooth. Season with salt, if desired. To store, scrape into a medium bowl, cover and refrigerate for up to 4 days; return to room temperature before serving. Yields about 1/4 cup of hummus per serving.

Notes

Look for edamame, already shelled and cooked, in the freezer section of your supermarket.

We serve the hummus spooned into halved baby peppers but you can serve it with any fresh vegetables or chips (could affect **POINTS** values).