

# Are We There Yet?

## Spicy Roasted Edamame

1 ¼ cup frozen shelled edamame, thawed

2 tsps. Extra virgin olive oil

½ tsp. chili powder

¼ tsp. onion powder

1/8 tsp. black pepper

1/8 tsp. paprika

¼ tsp. ground cumin

Place frozen edamame on paper towel to thaw - then pat dry. Preheat oven to 375°. Place the thawed edamame into a bowl. Drizzle the olive oil and add the spices. Toss until the edamame are evenly coated. Spread onto a cookie sheet in a single layer.

Roast uncovered until the beans begin to brown, 12-15 minutes. Stir once halfway through roasting.

### Nutrition Facts per serving: Serves 4

Calories: 141

Total Fat: 7.9g

Sodium: 16mg

Total Carbohydrates: 9.3g

Dietary Fiber: 3.5g

Protein: 10.5g