



VEGETABLE FRITTATA & EDAMAME



- 12 eggs
- 1/2 cup cream or 1/2 & 1/2
- 1/2 cup diced tomato
- 1/4 cup chopped red onion
- 1 clove garlic, minced
- 1/2 cup steamed edamame, halved
- 1 tsp basil
- 2 Tbsp. olive oil
- 1 cup shredded cheese
- salt and pepper to taste

Heat 1 Tbsp. oil in 10" cast iron or another heavy oven-safe skillet. In small bowl, beat eggs, cream, garlic, basil and roughly 1/2 tsp each of salt and pepper. Add 3/4 cup cheese, onion, edamame and tomato, stir gently. Pour into skillet, top with remaining cheese, and bake at 350°F for 20-30 minutes (should be just under-set). Remove and rest for 10 minutes. Slice and ENJOY!



SPINACH, ARUGULA & EDAMAME SALAD



- 2 cups spinach leaves
- 2 cups baby arugula
- 1 cup steamed edamame
- 1/4 cup shredded cheese
- 1/4 cup dried cranberries
- 1/4 cup sliced almonds
- ground black pepper, to taste
- your favorite vinaigrette dressing

Toss lettuce and toppings to combine. Sprinkle with pepper and drizzle with dressing. ENJOY!



CHICKEN STIR-FRY



- 2 chicken breast
- 3 cups cooked rice
- cup par-steamed broccoli, cut
- 1/2 cup car-steamed carrots, diced
- 2 eggs
- 1 clove garlic, minced
- 1/4-1/2 tsp ginger
- 1 tsp ground black pepper
- 3 Tbsp. butter
- 1/8 cup + 1 Tbsp. soy sauce
- 2-3 Tbsp. canola oil

Cut chicken breast into 1" cubes, combine with garlic, 1/2 of the ginger, and 1 Tbsp. oil. Set aside. Add 1 Tbsp. oil and 1 Tbsp. soy sauce to large skillet or wok, scramble the eggs, then add remaining ingredients and cook for 3-5 minutes. Remove from skillet and set aside. Cook chicken in remaining oil and butter. Add rice and heat through. ENJOY!





EDAMAME SPINACH DIP



- 2 cups mashed edamame beans
- 1 cup plain Greek yogurt
- 1 cup white shredded cheese
- 1 clove garlic, minced
- 1 tsp ground black pepper
- salt to taste
- 1 package frozen spinach, thawed and drained

In medium bowl, combine all ingredients and mix well. Chill and serve with your favorite crunchy snacks (carrot sticks, pita chips, etc.). ENJOY!

