



## Roasted Spicy Edamame

Makes 3 cups

Serving: ½ cup

Preparation Time: 5 minutes

Cooking Time: 35-40 minutes

### Ingredients:

1lb edamame beans, shelled

1 tbsp dark sesame oil

½ tsp ground ginger

½ tsp sea salt

Pinch of cayenne

### Directions:

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. In a medium bowl add all ingredients and toss until beans are completely coated in oil and spices.
3. Evenly distribute beans on to baking sheet and place into the oven. Bake for 35-40 until beans are slightly brown and dry. Stir after 15 minutes of baking to redistribute the beans.
4. Once ready, remove from oven and allow beans to cool before storing in a resealable bag or container.

CHEF'S TIP: Add or substitute other spices (i.e. cumin & turmeric) for a completely different taste profile.