

# Edamame

- Shell and boil 3-5 min.
- Serve shelled with light drizzle of olive oil & sea salt, add to salads for a boost of protein, or toss into a stir-fry.
- Take your time eating (good for 2 weeks-1 month) Best used fresh.

Store with pods attached to stem in a cool, dry place or in the fridge in a plastic bag.

*To freeze: blanch in the pods 2-3 min, cool in ice water, dry. Place in airtight plastic container or plastic bag.*

