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Cooking Edamame Hummus

Edamame Hummus is a quick and nutritious dip. Blend cooked edamame, tahini, garlic, olive oil, lemon juice, and water until smooth. Add salt and pepper to taste, adjusting the consistency with water. Serve with pita or fresh veggies for a protein-packed snack.

Ingredients:

- 1 cup shelled, cooked edamame
- 2 tbsp tahini
- 2 tbsp olive oil
- 1 clove garlic
- Juice of 1 lemon
- 1/4 cup water
- Salt and pepper to taste

Instructions:

1. **Cook Edamame:** Boil shelled edamame for 4-5 minutes and cool.
2. **Blend Ingredients:** Combine edamame, tahini, garlic, lemon juice, olive oil, and water in a blender. Blend until smooth.
3. **Season:** Add salt, pepper, and adjust lemon juice or water for desired flavor and consistency.
4. **Serve:** Garnish with olive oil and serve with pita or veggies.

Enjoy this protein-packed dip as part of vegetarian recipes!