



strong bodies **healthy minds**

Green Edamame Dip

The edamame gives this spread its green color and produces a good source of protein, with healthy fats from the flaxseed oil and walnuts to keep your mind and tummies satisfied! Serve with baby carrots, celery sticks, and red peppers, or in a whole wheat wrap with vegetables and cheese. Enjoy!

Ingredients:

- 1 cup shelled edamame (soybeans)
- $\frac{3}{4}$ cup California walnuts, raw
- $\frac{1}{2}$ cup fresh parsley
- $\frac{1}{4}$ cup Stonyfield plain low fat yogurt
- 1 small garlic clove
- 1 teaspoon flaxseed oil
- $\frac{1}{4}$ teaspoon sea salt

Directions:

1. Place all ingredients into food processor.
2. Mix until smooth.
3. Serve!

Makes approximately 10 servings ($\frac{1}{4}$ cup per serving).

Nutrition Facts per serving: 90 calories; 7g fat (1g sat fat, 1g mono, 4g poly, 0g trans fat); 0mg cholesterol; 4g carbohydrate (1g fiber, 1g sugar); 3g protein; 50mg sodium; 8% Daily Value (DV) vitamin A; 8% DV vitamin C; 4% DV calcium; 6% DV iron.

Adapted from the California Walnut Board.