



edamame stew

this spicy stew can be frozen for later use

Prep time: 20 minutes

Cook time: 20 minutes

♥ yield:	each serving provides:	
4 servings	calories	285
serving size:	total fat	10 g
2 C stew	saturated fat	1 g
	cholesterol	0 mg
	sodium	303 mg
	total fiber	14 g
	protein	16 g
	carbohydrates	40 g
	potassium	1,227 mg

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- 1 bag** (16 oz) frozen shelled edamame (green soybeans)*
- 1 can** (35 oz) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks
- 2 C** zucchini, rinsed, quartered, and sliced
- 1 C** yellow onion, diced
- 1 Tbsp** olive oil
- 1 Tbsp** ground cumin
- ¼ tsp** ground cayenne pepper
- ½ tsp** ground allspice (or substitute cinnamon or pumpkin pie spice)
- 2 Tbsp** garlic, minced or pressed (about 5 cloves)
- 1 C** frozen yellow corn
- ¼ tsp** salt
- 2 Tbsp** lemon juice (or 1 large lemon, freshly juiced)
- ½ tsp** dried oregano

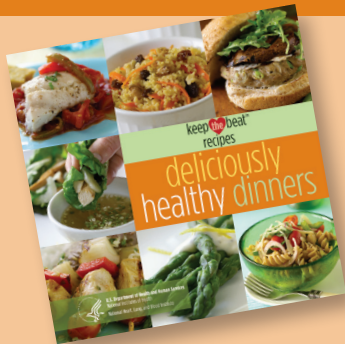
- 1** Place frozen edamame in a deep saucepan with just enough water to cover. Cover. Bring to a boil over high heat. Reduce heat to medium. Cook for 5 minutes. Drain. Set aside.
- 2** While soybeans cook, chop tomatoes, zucchini, and onion.
- 3** In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
- 4** Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
- 5** Add garlic. Cook and stir for 1 minute.
- 6** Stir in the drained edamame, tomatoes, zucchini, corn, and salt.
- 7** Cover. Simmer until zucchini is tender, about 15 minutes.
- 8** Stir in lemon juice and oregano.
- 9** Serve immediately.

Tip: Serve over brown rice for a complete meal.

* Frozen edamame is available in most grocery stores.

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For other recipes, or to learn more about healthy eating and other heart health-related topics from the National Heart, Lung, and Blood Institute (NHLBI):

- Write to or call the NHLBI Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573 (Monday–Friday, 8:30 a.m. to 5 p.m. eastern time)
- Visit the NHLBI online at <http://www.nhlbi.nih.gov>
- Visit the NHLBI Educational Materials Online Catalog at <http://email.nhlbihin.net> for information on materials available for both the public and health professionals
- Visit the Keep the Beat™: Deliciously Healthy Eating Web site at <http://hin.nhlbi.nih.gov/healthyeating>



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