

EDAMAME AND MINT DIP



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

Program Online

Location:

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Enjoy this easy and delicious edamame dip with your favourite vegetables or pita chips!

Ingredients

- 2 cups (125 mL) shelled edamame beans, fresh or frozen, cooked and cooled
- 1 cup (250 mL) kale, fresh or frozen
- ½ cup (125 mL) extra virgin olive oil
- 1 garlic clove
- Half of a small jalapeño pepper (seeds removed)
- ½ cup (125 mL) fresh mint leaves, chopped
- Zest and juice of one lime
- ½ tsp (2.5 mL) onion powder
- Salt to taste

Preparation

1. In a food processor, pulse everything together until smooth and creamy.
2. Stir to combine. Scoop into a bowl, and serve with your favourite veggies or pita chips.
3. Enjoy!

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Notes:-If using frozen kale, make sure it is thawed before making the dip.