

# April Recipe of the Month

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## Edamame Stir-Fry

Edamame is good source of high quality protein, fiber, iron, thiamin, folate, vitamin K, and magnesium. It is also one of the few plant sources that contain omega-3 fatty acids. You can buy edamame shelled or unshelled, fresh or frozen. Fresh edamame should be used within two days of purchase. Look for pods that are plump and firm and keep them refrigerated.

This recipe can be served as a vegetarian main dish or a side dish. If you want more protein, add diced chicken or shrimp.

**Serves:** 2 as a main dish

**Serving Size:** 1½ cups

2 tsp olive oil  
2 garlic cloves, crushed  
1½ cups frozen, shelled edamame  
½ cup snow peas, stem ends trimmed and strings removed  
2 cups napa cabbage cut in 3" by 2" strips  
2 tbsp water  
1 tbsp oyster sauce  
1 tbsp low sodium soy sauce  
1 dash white pepper



### Directions:

1. Heat oil in a large skillet over high heat. Add the garlic; cook, stirring until light brown, about 20 seconds.
2. Stir in the edamame, snow peas, and cabbage; reduce heat to medium.
3. Add water and cook for 30 seconds.
4. Stir in oyster sauce and soy sauce, making sure to coat all the vegetables.
5. Cook until crisp tender, about 4 to 5 minutes. Add pepper and serve.

Per serving: 230 calories, 17g protein, 10g fat (0.5 g saturated), 0mg cholesterol, 17g carbohydrate, 8g fiber, 8g sugar, 460mg sodium

% Daily Value: Vitamin A 25%, Vitamin C 40%, Calcium 10%, Iron 25%

*Recipe courtesy of Simply Smart Food, Inc.*