

Crispy Garlic Edamame

submitted by EuphratesCat



Per serving: 65 Calories • 3.1g Carbs (1.5g Fiber) • 4.8g Fat • 3.2g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 cup **Edamame** (118 grams)
- 1 tbsp **Olive oil** (13.5 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)
- 1 tsp **Garlic powder** (3.1 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Preheat the oven to 400 degrees F.
2. Pat the thawed edamame beans dry, and then add to a mixing bowl.
3. Drizzle with olive oil, and season with sea salt, pepper and garlic powder to taste. Stir to combine.
4. Spread on a baking sheet lined with parchment paper into an even layer.
5. Bake for 15-18 minutes until crispy.