

Not Your Mama's Edamame

Ingredients:

- Shelled edamame
- Salt

Directions:

Prepare according to package directions or thaw in refrigerator overnight. Sprinkle with salt to taste.



Pump it Up: Play the popcorn game! Crouch down and when someone yells popcorn, spring up and jump as high as you can!



Food for Thought: Edamame is a soy bean. It is very popular in Asia. It is a great source of protein. Remember protein helps you build strong bones and muscles! Edamame makes a great go snack!

Tasty Thoughts: _____

