



DRY ROASTED EDAMAME WITH BLACK SESAME SEEDS

By Food Network

Ingredients

- 2 cups frozen shelled edamame, thawed
- 2 teaspoons olive oil
- Salt
- 1 tablespoon black sesame seeds, or regular sesame seeds

Directions

Preheat the oven to 450 degrees F.

In a bowl, toss the edamame with the oil and season with salt. Transfer the edamame to a baking sheet. Bake for 12 to 15 minutes. Remove from the oven and sprinkle with the sesame seeds. Return to the oven and bake an additional 5 minutes.

Per Serving: Calories 90; Total Fat 5 grams; Saturated Fat 0 grams; Protein 7 grams; Total Carbohydrate 5 grams; Sugar: 2 grams; Fiber 3 grams; Cholesterol 0 milligrams; Sodium 120 milligrams