Edamame Hummus

NIBBLEDISH CONTRIBUTOR

Ingredients

1 cup frozen, shelled edamame (green soybeans)
1/4 cup water
3 tablespoons olive oil
2 tablespoons fresh lemon juice
1 teaspoon kosher salt
1/2 teaspoon minced garlic
1/8 teaspoon hot pepper sauce
2 tablespoons chopped fresh flat-leaf parsley
6 (6-inch) pitas, cut into 8 wedges

Instructions

Combine soybeans and 1/4 cup water in a small saucepan; bring to a boil. Reduce heat, and simmer 10 minutes. Drain.

Combine soybeans, oil, juice, salt, garlic, and hot pepper sauce in a food processor; process until smooth. Add parsley, and process until blended. Serve with pita wedges.

Editor's note: Try spreading this edamame hummus onto some bread and make a delicious ham sandwich, a delicious meal you can make quickly and easily. If you suffer from multiple sclerosis (MS), or know someone who does, quick and easy is the best part of any recipe. Try these other quick, easy and delicious recipes for MS.