

The Healthy Cook

Two edamame recipes that are perfect for spring

Edamame & Herb Salad with Creamy Lemongrass Ginger Dressing

 SERVES 4

I love the fragrant, lemon-lime flavor of lemongrass. Look for it among the small packages of herbs in the produce section. If you can't find it, just substitute ½ tsp. lime or lemon zest. (Finely grate the outer green or yellow peel only. Avoid the white pith, which is bitter, especially in limes.)



- 8 cups salad greens
- a handful of fresh mixed soft herbs (basil, dill, mint, and/or cilantro)
- 1 cup sliced cucumber
- 1 cup shelled edamame, refrigerated or prepared from frozen
- ½ cup Creamy Lemongrass Ginger Dressing (recipe below)

1. Top the salad greens with the herbs, cucumber, and edamame.
2. Drizzle with the dressing.

Creamy Lemongrass Ginger Dressing

MAKES ½ CUP (8 TBS.)

- ¼ cup fresh mixed soft herbs (basil, dill, mint, and/or cilantro)
- ¼ cup mayonnaise
- ¼ cup shelled edamame, refrigerated or prepared from frozen
- 1 Tbs. minced ginger
- 1 Tbs. minced lemongrass
- 1 Tbs. fresh lime juice
- ¼ tsp. maple syrup or honey
- ¼ tsp. kosher salt

Combine all the ingredients in a blender. Blend until smooth.

PER SERVING (2 cups salad + 2 Tbs. dressing): calories 180 | total fat 13 g | sat fat 2 g | carbs 10 g
fiber 5 g | total sugar 3 g | added sugar 0.25 g | protein 8 g | sodium 240 mg

The Healthy Cook

Edamame & Crispy Tofu Bowl

 SERVES 4

The combination of tofu, broccoli slaw, and edamame makes for a satisfying and good-for-you bowl. And the tahini sauce and smoked almonds make it finger-licking delicious.

Tip: The more moisture you press out of the tofu, the faster it'll crisp up.



- 1 14 oz. package extra-firm tofu
- ¼ cup cornstarch
- 2 Tbs. peanut oil (or other neutral oil like grapeseed, safflower, or sunflower)
- 4 cups broccoli slaw (1 12 oz. bag)
- 1 Tbs. reduced-sodium soy sauce
- 1 cup cooked brown, red, or black rice
- 1 cup shelled edamame, refrigerated or prepared from frozen
- 2 Tbs. chopped smoked almonds
- ½ cup Tahini Sauce (recipe below)

1. Cut the tofu into 4 slabs. Place the slabs on a sheet pan lined with a clean kitchen towel. Fold the towel over the tofu, top with another sheet pan, and weigh down by placing a large can or two on top. Allow the pressed tofu to drain for about 10 minutes.
2. Spread the cornstarch out on a dry sheet pan. Gently pat the 2 largest sides of each drained tofu slab into the cornstarch. Cut each slab across the width, then cut each piece diagonally, to form 16 triangles.
3. In a large nonstick pan over medium heat, heat the oil until shimmering. Fry the tofu until brown, 2–3 minutes per side. Remove to a paper-towel-lined sheet pan and let drain.
4. Stir-fry the broccoli slaw in the same pan until hot, 1–2 minutes. Season with the soy sauce.
5. Divide the slaw, rice, edamame, and tofu into 4 bowls. Top with the almonds. Serve with the sauce.

Continued...

The Healthy Cook

Tahini Sauce

MAKES ½ CUP (8 TBS.)

- ¼ cup tahini or peanut butter
- 2 Tbs. reduced-sodium soy sauce
- 2 tsp. rice vinegar or cider vinegar
- ½ tsp. maple syrup or honey
- 1 clove garlic, finely grated or minced

In a medium bowl, whisk all the ingredients together with 2 Tbs. water.

PER SERVING (1 bowl + 2 Tbs. sauce): calories 440 | total fat 24 g | sat fat 3.5 g | carbs 37 g
fiber 7 g | total sugar 4 g | added sugar 1 g | protein 22 g | sodium 490 mg