

# RECIPE CORNER



## Roasted Edamame

- 2 tablespoons olive oil or vegetable oil
- ¼ teaspoon dried basil, crushed
- ½ teaspoon chili powder
- ¼ teaspoon onion salt
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- ⅛ teaspoon black pepper
- 1 (10 ounce) package ready-to-eat soybeans, thawed if using the frozen variety (fresh or frozen edamame)

Preheat oven to 375°F. In small bowl, stir together oil, basil, chili powder, onion salt, cumin, paprika and black pepper. Drizzle mixture over soybeans and toss to coat well.

Arrange beans in a single layer in a shallow baking dish. Roast, uncovered, for 12 to 15 minutes, stirring once, until soybeans begin to brown.

Serve hot as a vegetable side dish or cooled as a snack. Refrigerate any leftovers.

**Nutritional Information (per serving):** 193 calories; 11.7 g fat; 16 g protein; 9.9 g carbohydrate; 6 g fibre; 0 mg cholesterol; 5 mg sodium; 507 mg potassium; 2.9 g sugars.

## Tex Mex Bean Bites (Vegetarian)

**Preparation time: 10 + 10 minutes/Cooking time: 13 + 10 minutes**

- 6 large flour tortillas
- 1–19 oz can (1–540 mL can) red kidney, black OR pinto beans, rinsed and drained
- 1 cup (250 mL) chunky medium salsa
- ½ tsp (2 mL) chili powder (optional)
- 1 cup (250 mL) low-fat cheddar or low-fat mozzarella cheese, grated
- ¼ cup (50 mL) fresh cilantro, chopped
- sour cream (optional)

- 1) Preheat oven to 350°F (180°C).
- 2) Using a 4-inch (10 cm) cookie cutter, cut four rounds out of each flour tortilla. Press the tortilla rounds into muffin cups. This can also use a 3-inch (7.5 cm) cookie cutter to make 7 rounds in mini-muffin cups. If the tortillas are not soft enough, carefully microwave the rounds for 15 seconds or lightly brush one side with water.
- 3) Bake cups for 12–15 minutes, until light golden and crisp (these can be made several days ahead and stored in an airtight container).

**Makes 24 regular bites or 42 mini bites.**

**Nutritional Information (per 30g serving, 1 regular bite, 2 mini bites):** 94, 107 Calories; 4 g, 5 g Protein; 2 g, 3 g Fat; 1 g, 1 g Saturated Fat; 3 mg, 3 mg Cholesterol; 14 g, 16 g Carbohydrates; 2 g, 2 g Fibre; 258 mg, 294 mg Sodium; 87 mg, 100 mg Potassium; 1 mg, 1 mg Vitamin C; 51 mcg, 58 mcg Folate; 49 mg, 56 mg Calcium; 1 mg, 1 mg Iron.



- 4) In a bowl, combine the beans, salsa, chili powder, cheese, and cilantro.
- 5) Spoon 1½–2 tbsp. (20–30 mL) filling into the regular tortilla cups, and ½–1 tbsp. (8–15 mL) into mini cups.
- 6) Place the cups on a baking sheet and bake for 8–10 minutes.
- 7) Serve with a dollop of light sour cream.

**Tip:** Prepare the filling while tortilla cups are baking.