

3g ⌚ 25 m | Easy

Edamame crisps

An easy, high protein, and low carb nibble to enjoy as crackers or croutons. The edamame will still have a little bite to them, and the sunflower seeds add the crunch. Salty Parmesan cheese ties the goodness together into one more-ish snack. Feel free to experiment with spices; these crackers can take on any flavor!



4 Servings

Ingredients

6 oz. (1 cup) edamame beans

1 tsp olive oil

¼ tsp salt

½ tsp paprika powder

2½ oz. freshly grated Parmesan cheese

2 tbsp sunflower seeds

Instructions

- 1 Preheat the oven to 400°F (200°C). Line a baking tray with parchment paper.
- 2 Rinse and pat the edamame beans dry, drizzle with olive oil and sprinkle over salt and paprika powder. Spread the edamame out on the baking tray. Bake for 10 minutes.
- 3 Meanwhile, finely grate the Parmesan cheese.
- 4 When the edamame have baked for 10 minutes, remove them from the oven. Move the edamame closer together, so they're almost touching each other. Sprinkle over the sunflower seeds and heap the grated Parmesan on top. Spread out the Parmesan so that all the edamame are covered.
- 5 Return the tray to the oven for another 8-10 minutes until the Parmesan has melted.
- 6 Allow to cool and crisp up. Break into pieces and serve.

Tip

If you're using frozen edamame beans, blanch them in boiling water for 1-2 minutes, then drain and pat dry before proceeding with the recipe.