

## Edamame Hummus

### INGREDIENTS

½ pound frozen shelled edamame, about 1 ½ cups

¼ cup tahini

¼ cup water

½ teaspoon freshly grated lemon zest

1 lemon (about 3 tablespoons), juiced

1 clove garlic, smashed

¾ teaspoon kosher salt

½ teaspoon ground cumin

¼ teaspoon ground coriander

2 tablespoons extra-virgin olive oil

1 tablespoon chopped fresh flat-leaf parsley

Suggested serving: sliced cucumbers, celery, olives

### DIRECTIONS

1. Boil the beans in salted water for 4-5 minutes or microwave, covered for 2-3 minutes.
2. In a food processor, puree the edamame, tahini, water, lemon zest and juice, garlic, salt, cumin and coriander until smooth. With the motor running, slowly drizzle in 2 tablespoons of the olive oil and mix until absorbed.
3. Serve with assorted vegetables or refrigerate, covered, up to 1 day.

