



### **Garden Party Edamame Dip with Pumpernickel Harvest Bread**

- 1 cup cooked edamame soy beans\*
- 1/3 cup chopped fresh cilantro
- 1/2 cup plain Greek yogurt
- 1 small avocado, peeled, pitted, chopped

3 Tablespoons lemon juice  
1/2 teaspoon salt  
1/2 to 1 teaspoon hot sauce  
1 teaspoon sesame oil  
2 Tablespoons water  
4 slices pumpernickel harvest bread\*  
1 large bunch fresh parsley  
1 box whole wheat crackers or favorite crackers

Place cooked shelled edamame beans in food processor. Pulse several times. Add cilantro; pulse again. Add the yogurt, avocado, lemon juice, salt, hot sauce, sesame oil. Pulse until well pureed, add water as needed for a smooth consistency. Season with additional hot sauce to taste. Set aside.

Cut bread slices into cubes. Place in dry clean food processor. Pulse to form fine bread crumbs.

Use about 3 cup capacity food plant pot or lined planter's pot. Place 1/2 cup bread crumbs on the bottom; layer edamame dip over crumbs; place 1/2 cup bread crumbs over the top, covering dip completely.

Secure the stems of parsley together with a thin rubber band to form a sturdy looking plant; trim longer stems if needed. Insert the parsley stems into the center of dip to resemble a potted plant. Arrange crackers around a platter; place plant dip in the center. Yield: Serves: about 4 to 6

**\*Cook's note:** The harvest bread contains small raisins and chips of nuts. You can use any dark brown or black bread if desired. Also: to prepare frozen edamame, follow the package directions or bring 6 cups water to boil in large pot; add contents of 16 oz. package and 1/2 teaspoon salt. Return to boil; cover; cook 5 to 6 minutes. Drain; set aside until able to handle. Remove beans from pod; discard pod.

Recipe Inspired by: [simplyrecipes.com/edamame dip/](http://simplyrecipes.com/edamame-dip/)

**About the recipe:** This appetizer dip is a real winner. Serve this healthy, fresh edamame dip enclosed with dark pumpernickel bread crumbs. It looks just like a fresh herb plant but the slick trick is that the little "garden plant pot" holds the delicious dip. Serve with your favorite crisp crackers and watch your friends have lots of fun with it.