



### **Sweet Pickle Edamame Dip**

*Serve with crisp celery and mini cucumber sticks*

#### *Special **Heart Stars** – Edamame and Spinach*

1 cup frozen shelled edamame beans

1 cup fresh baby spinach, packed

2 Tablespoons Italian salad dressing

1 Tablespoon basil pesto

2 Tablespoons chopped shallots

1 Tablespoon sweet pickle relish

1/8 teaspoon red chili flakes

1 Tablespoon olive oil

1/4 cup Greek plain yogurt

1/4 cup edamame bean liquid

Garnish: As desired: sweet pickle relish; chopped pistachios; hot sauce

Serve with: celery sticks; mini cucumber sticks, scooper snacks

Place 1 cup edamame beans in saucepan with 2 cups water; bring to a boil; cover; reduce heat to simmer for 4 to 5 minutes. Drain liquid from beans, set liquid aside.

In a food processor or blender, combine edamame beans, spinach, dressing, pesto shallots, pickle relish, and chili flakes until smooth. Blend in olive oil; yogurt, and reserved 1/4 cup edamame liquid as needed for desired consistency.

Process until dip is very smooth. Spoon into desired serving dish.

As desired: swirl in sweet pickle relish and sprinkle with chopped pistachios, hot sauce.

Serve with celery sticks, mini cucumber sticks, and purchased scooper snacks. Serves: about 4

**About the Recipe:** Edamame bean dip is so light and refreshing. Its vibrant green color, light touches of Italian flavors and sweet swirls of sweet relish shout out healthy. The dip is rich in protein, fiber, antioxidants and vitamin K. Serve it with crisp celery, cucumber sticks, and some healthy scoopers.