Garlic & Parmesan Roasted Edamame

6 ingredients · 15 minutes · 1 serving



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a bowl, toss together the edamame, oil, parmesan cheese, garlic, salt, and pepper. Bake for 12 to 15 minutes, or until golden brown.
3. Add hemp seeds (or other nuts), toss to combine, and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to four days.

Serving Size
One serving is equal to approximately one cup.

Dairy-Free
Substitute parmesan cheese with nutritional yeast.

Ingredients

1 cup Frozen Edamame (thawed)

2 tsps Extra Virgin Olive Oil

2 tbsps Parmigiano Reggiano

1/4 tsp Garlic Powder

Sea Salt & Black Pepper (to taste)

1 tbsp Hemp Seeds (optional)

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