**Edamame Dip**

**Yields 2 ½ cups, 3 Tb. Per Serving**

**Ingredients**

1 ½ c. frozen shelled edamame, thawed and cooked

½ c. water

¼ c. chopped red onion

3 Tb. chopped fresh cilantro

2 Tb. rice vinegar

1 Tb. extra virgin olive oil

½ tsp. salt (optional)

1 ½ tsp. chili garlic sauce

1 16 0z. can cannellini beans (white beans), rinsed and drained

**Preparation**

Place all ingredients in a food processor, and process until smooth. Serve immediately, or cover and chill.

**Nutritional Information**

Calories:

61 (37% from fat)

Fat:

2.5g (sat 0.4g,mono 1.1g,poly 0.7g)

Protein:

4g

Carbohydrate:

6.1g

Fiber:

1.2g

Cholesterol:

0.0mg

Iron:

0.7mg

Sodium:

120mg

Calcium:

23mg