



Roasted Sesame Edamame

3 servings

20 minutes

Ingredients

- 3 cups Frozen Edamame (thawed)
- 1 tbsp Sesame Oil (divided)
- 1 tbsp Sesame Seeds
- 1 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	245
Fat	14g
Carbs	15g
Fiber	8g
Protein	19g
Calcium	127mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine the edamame, oil, sesame seeds, and salt. Spread the mixture onto the prepared baking sheet.
- 3 Bake for 15 to 20 minutes or until golden. Enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover edamame loses their crunch, reheat it in the oven for five to eight minutes or until crispy again.

Serving Size: One serving is approximately one cup.



Spicy Egg Bites

6 servings

25 minutes

Ingredients

6 Egg (large)
 1 Tomato (small, ripe, chopped)
 1/4 cup Shallot (roughly chopped)
 1/2 tsp Ginger (fresh, minced)
 1/2 Habanero Pepper (roughly chopped)
 1/2 tsp Sea Salt
 2 tbsps Parsley (optional)

Nutrition

Amount per serving	
Calories	80
Fat	5g
Carbs	2g
Fiber	0g
Protein	7g
Calcium	33mg

Directions

- 1 Place the eggs in a saucepan and cover with cold water. Cover and bring to a boil. Turn off the heat and let it stand covered for 12 minutes. Drain and run cold water over the eggs until cool enough to handle and peel. Cut the eggs in half and set aside.
- 2 Add the tomato, shallot, ginger, habanero, and salt to a small food processor. Use the pulse button to blend the ingredients into a textured purée. Option to drain excess juices coming from the tomatoes.
- 3 Top each egg half with the tomato mixture. Season with parsley if desired, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Meal prep the eggs in advance and prep the tomato mixture just before serving. Store the eggs, unpeeled, for up to five days.

Serving Size: One serving is two egg halves.



Nori Sesame Chips

4 servings

15 minutes

Ingredients

- 4 Nori Sheets
- 1 1/2 tsps Tamari
- 2 tsps Sesame Oil
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	39
Fat	3g
Carbs	2g
Fiber	1g
Protein	2g
Calcium	32mg

Directions

- 1 Preheat the oven to 300°F (150°C) and line baking sheets with parchment paper.
- 2 Add the sheets of nori to each baking sheet, placing the shiny side up. Leave space between each piece of nori.
- 3 In a small bowl, combine the tamari and sesame oil. Brush the mixture onto the nori sheets. Sprinkle the sesame seeds over the nori sheets.
- 4 Bake for eight to 12 minutes or until crisp.
- 5 Once baked, cut each nori sheet into six pieces before serving. Enjoy!

Notes

Leftovers: Once completely cooled, store in an airtight container at room temperature for up to one week.

Serving Size: One serving is equal to six pieces.

Additional Toppings: Smoked paprika, garlic powder, nutritional yeast, or sea salt.