

Boiled Soybeans

Participants at the New Year, New Start seminar enjoyed snacking on this delicious, nutritious, and fun-to-eat food. It is great as an appetizer or as a snack. Kids and adults will enjoy this delicious treat.

Ingredients:

1 package frozen soybeans (available in the frozen vegetable section of most supermarkets or specialty food stores)

Directions:

1. Bring 6 cups of water to boil in a large saucepan.
2. Add one package and ½ teaspoon of salt (optional) to the boiling water; cover and cook 5-6 minutes.
3. Drain, rinse with cold water, and drain well again.
4. Serve as an appetizer or snack.

Nutrition Facts:

Yield: 6 servings

Serving size: ½ cup edible parts (i.e. soybean pods)

Calories: 100

Total fat: 3g

Saturated fat: 0.5g

Cholesterol: 0mg

Total Carbohydrate: 8g

Dietary fiber: 1g

Sugars: 1g

Protein: 8g