



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
Jan Elliott Evans, PhD, RD, CNSD  
Registered Dietitian  
drevans@ub-well.com  
www.ub-well.com  
(804) 339-3200

## **DRY-ROASTED EDAMAME WITH CRANBERRIES**

**WHOLELIVING.COM**

**Makes about 1 cup**

- 1 Cup frozen shelled edamame, thawed**
  - 1 teaspoon extra-virgin olive oil**
  - Coarse salt**
  - ¼ cup dried cranberries**
- 
- Heat oven to 425. Arrange edamame on a baking sheet and drizzle with oil.**
  - Season with salt. Roast, stirring occasionally, until crisp and golden, 20 to 22 minutes. Let cool.**
  - Toss with cranberries. Store in an airtight container for up to 5 days.**