

## Recipe of the Day

### Edamame Curry Stir-Fry

It has been very exciting to learn about Edamame and to add it to our list of favorite foods. Although we had eaten whole soybeans before as a dried snack, it has not been until this past week that we have bought them in the frozen food section and included them in a recipe. So try it... I think you will be surprised!

Edamame can be served plain as a side dish just as you would peas or corn along with an entrée. Shirley included them in a stir-fry yesterday and served it on a bed of rice... it was absolutely delicious.

In **2 Tblsp. Olive oil** stir fry the following:

- 1 large onion, chopped coarsely**
- 1 cup sliced small white mushrooms**
- ½ cup julienne sliced carrots**
- ½ cup chopped red pepper**
- ½ cup chopped cauliflower**
- ½ cup coarsely chopped broccoli**
- 1 cup frozen Edamame**
- ½ cup roasted cashews**

As vegetables are cooking add 3 T. Vegan Stir Fry Sauce. This item had no nutritional fact information, so is not included in our nutritional Facts.

Then stir in Curry Sauce.

- 1 ½ cups of soy milk**
- 2 heaping Tblsp. Mild curry paste**

Serve over brown basmati rice.

<b>Nutrition Facts</b>	
per serving makes 8 servings	
Amount per serving	
<b>Calories</b>	143
Calories from fat	77
% Daily Value *	
<b>Total Fat 8.6g</b>	13%
Saturated Fat 2.4g	12%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 16mg</b>	1%
<b>Total Carbohydrate 10.9g</b>	4%
Dietary Fiber 3.4g	14%
<b>Protein 5.7g</b>	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
53.7% of calories from Fat 30.4% from Carbohydrates 15.9% from Protein	