

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## Stir-Fried Edamame w/ Garlic, Chili & Ginger

Adapted with a few minor changes from Alan Wong's original recipe served at  
The Pineapple Room in Honolulu.

The edamame can be pre-cooked in advance, however the final stir-frying is best done just before serving them so they can be eaten hot—though I hear they're also pretty tasty at room temperature.

Warning: these edamame are rather messy to eat ;-)

4 Servings as an appetizer or snack

- 14-16 ounces frozen non-GMO edamame
- 2 tablespoons soy sauce
- 2 teaspoons oyster sauce
- 1 red jalapeno, seeded, minced
- 1 teaspoon toasted sesame oil
- 2-3 teaspoons coconut oil
- 1 tablespoon peeled, minced fresh ginger
- 2 cloves garlic, crushed

Bring 6 cups of water to a boil in a large saucepan over high heat. Add the edamame and a pinch of salt. Once the water returns to the boil, cook the edamame about 5-8 minutes until tender. Test one to be sure it is tender before draining the edamame. Place them in a bowl of ice water. When cool, drain and set aside.

Combine the soy sauce, oyster sauce and minced jalapeno in a small bowl.

Just before serving, heat 2 teaspoons coconut oil in a heavy wok (*or* 3 teaspoons coconut oil if using a large sauté pan) over medium-high heat. Stir in the ginger and garlic and toss until fragrant and just beginning to brown, about 1 minute. Stir in the edamame and cook about 2 minutes until they are heated through. Add the sauce mixture and continue to stir another minute to completely coat the edamame. Transfer to a bowl or platter and serve hot.

