

# Edamame Dip

Recipe By *Elizabeth Kurtz*



Cooking and Prep:  20  
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Serves:  10

Contains:  

Preference: Parve

Serve with vegetable crudite, crackers, alongside tuna, or on top of grilled salmon.

Difficulty: Easy

Diet: Vegetarian, Vegan, Low

Fat, Low Carb, Sugar Free,

Pescetarian

Source: [Aish.com](http://Aish.com)

## Ingredients (11)

### Edamame Dip

- 2 cups frozen shelled edamame
- 2 cloves garlic, peeled
- 1/2 cup fresh basil leaves, packed
- 2 tablespoons pine nuts, toasted
- 2 tablespoons tofutti sour cream or **Gefen Mayonnaise**

- 1/4 cup water
  - 2 tablespoons olive oil
  - 2 tablespoons fresh lemon juice
  - 3/4 teaspoon **Haddar Kosher Salt**
  - 1/2 teaspoon lemon rind, grated
  - 1/4 teaspoon **Gefen Black Pepper**, freshly ground
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## Start Cooking

### Make the Dip

1. Combine edamame and garlic in a small saucepan; cover with water to two inches above edamame. Bring to a boil; cook two minutes or until edamame is tender. Remove from heat; drain well.
2. Combine edamame, garlic, basil, pine nuts, and Tofutti sour cream in a food processor; pulse 10 times or until coarsely ground. Add a quarter cup water and remaining ingredients; process until almost smooth.

### About

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