

1. Green Monster Dip, makes about 1 ½ cups

Serve this dip with fresh vegetables, crackers, or use for a healthful sandwich spread.

INGREDIENTS

1 cup shelled edamame soy beans, fresh or frozen and thawed
¾ cup California walnuts
½ cup parsley, lightly packed
¼ cup plain yogurt
1-2 tbsp lemon juice
1 small garlic clove, pressed
¼ tsp salt

DIRECTIONS

Place all ingredients in a food processor. Whirl until smooth.

Created by Rosemary Mark at <http://getcookingsimply.com/category/appetizers/>