Cumin Edamame Snack Cups with Parmesan Yogurt

4 smaller-meal sets, each with one quarter of all seasoned edamame and Parmesan yogurt | Active 20 min | Cook 15 min | Total 30 min

Ingredients

- 14 oz frozen shelled edamame (400 g frozen starting weight)
- 2 teaspoons olive oil (10 ml/9 g)
- 1 teaspoon ground cumin (2 g)
- 1/4 teaspoon fine salt (1.5 g)
- About 1 cup plain nonfat Greek yogurt (240 g)
- 1 1/2 oz finely grated Parmesan (40 g)
- 1 tablespoon lemon juice (15 ml/15 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

Kitchen scale, saucepan and colander, 12 inch/30 cm skillet and spatula, Mixing bowl and four small dip pots, Four lidded bean containers, at least 10 floz/300 ml each, Food thermometer

Allergens

Soy, Milk, Check Parmesan and dairy packaging for other declared allergens.. Check labels and substitutions.

Make it

1. Cook the frozen shelled edamame in plain boiling water for the complete time on its packet, commonly 5–6 minutes but longer if required. Drain thoroughly and stand in the colander for 2–3 minutes to release steam. The 400 g weight is edible shelled beans before cooking, not whole pods.

2. While beans cook, stir Greek yogurt, all Parmesan, lemon juice and black pepper together in a clean bowl. Divide all the dip among four pots, cover and refrigerate until serving.

3. Heat oil in the broad skillet over medium heat. Add cumin and stir for 15–20 seconds without scorching. Add all the cooked drained edamame and cook for 3–4 minutes, turning, until hot and a few surfaces are lightly golden. Stir in salt. The beans should still be tender inside, not dried hard.

4. Divide all the seasoned beans equally among four cups. Serve each cup with one full dip pot. If packing ahead, cool beans promptly in shallow containers before refrigerating; keep the dip cold. The 30-minute total assumes a packet cooking time no longer than 6 minutes; a longer required boil extends it.

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Estimated nutrition per serving

Calories: 210 kcal | Protein: 20.3 g | Carbohydrate: 11.7 g | Fat: 10.1 g | Fiber: 4.9 g. One of 4 servings. Batch yield: 4 smaller-meal sets, each with one quarter of all seasoned edamame and Parmesan yogurt. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Count the complete smaller meal

Four bean cups and four dip pots make it easy to take one complete set when a smaller meal fits the day. A cup of beans without its allocated dip has different nutrition, so keep the matched pair together when labeling containers.

A useful detail

The base uses 400 g frozen shelled edamame, measured before its full cooking. The estimate uses the frozen-unprepared food entry and counts every bean, all oil and all the dip. Plain boiling water is drained and adds no energy.

Another way

Replace 2 g cumin with 2 g crushed caraway seeds for a different warm spice.

Use 240 g plain 2%Greek yogurt instead of nonfat Greek yogurt; this changes the estimate.

Keep it well

Refrigerate cooked beans and dip separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Follow any shorter yogurt or cheese opening instruction. For a warm serving, reheat only beans to 165°F/74°C and keep dip cold. Carry both chilled with two cold sources and refrigerate on arrival. Do not treat cooked soybeans as a shelf-stable snack.