 **Roasted Ginger Edamame**

*Serves 3*

**Ingredients**

3 cups Edamame in pods, fresh or frozen

1 tsp sesame oil

1 tsp ginger, grated

2 tbsp soy sauce (optional)

Salt

**Directions**

1. Preheat oven to 425 degrees F.
2. Toss edamame in sesame oil, ginger, and soy sauce. Place on baking sheet lined with foil.
3. Bake for 15 minutes, until crispy. Flip over halfway through cooking.
4. Toss with salt to taste.

**Nutrition**

*95 cals, 6g C, 6g P, 5g F*