

# Delicious Way To Have Edamame In Pregnancy



## Cranberry-Edamame Pita Pockets



A pita bread pocket filled with olive oil-tossed edamame, cranberries, red onions, and cucumber, seasoned with feta cheese, salt, and pepper.



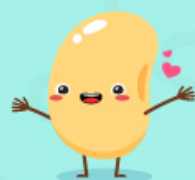
## Edamame Cucumber Salad

A sweet and savory salad made with spiralized cucumber, tomato, bell peppers, and edamame coated in a homemade ginger vinaigrette.



## Crispy Edamame

A quick edamame snack made by toasting salt, pepper, parmesan, and olive oil-coated edamame.



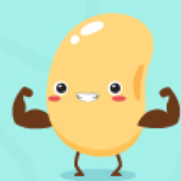
## Edamame Stew

A flavourful Egyptian stew made from cooked edamame, onions, zucchini or meat, tomato, and spices.



## Pea Edamame Soup

A nutritious soup made from caramelized onions, butter, broth, soft cooked peas, and edamame, garnished with feta crumble.



## Edamame Kabab

Crispy mouth-watering patties made from cooked edamame, pepper, cumin, ginger, chili paste, lime juice, peas, and boiled potatoes coated in bread crumbs and pan-fried till golden and served with a simple dip.

