****

**EDAMAME HUMMUS**

*A new twist on Hummus*

**INGREDIENTS:**

8 oz frozen shelled Edamame

¼ cup water

1TBS reduced-sodium soy sauce

1TBS minced fresh ginger

1 TBS rice vinegar

1 TBS tahini

1 clove garlic

1/8 tsp salt

Hot pepper sauce

Cook Edamame according to package directions. Puree the cooked edamame water, soy sauce, ginger, vinegar, tahini, garlic, salt and hot sauce in a food processor until smooth. Chill fro 1 hour before serving.

Serve with rice crackers, pita chips and/or carrots.

*For a refreshing appetizer put a dollop of the edamame dip on the pita chip and top with a slice of pear sprinkled with thinly sliced crystallized ginger.*