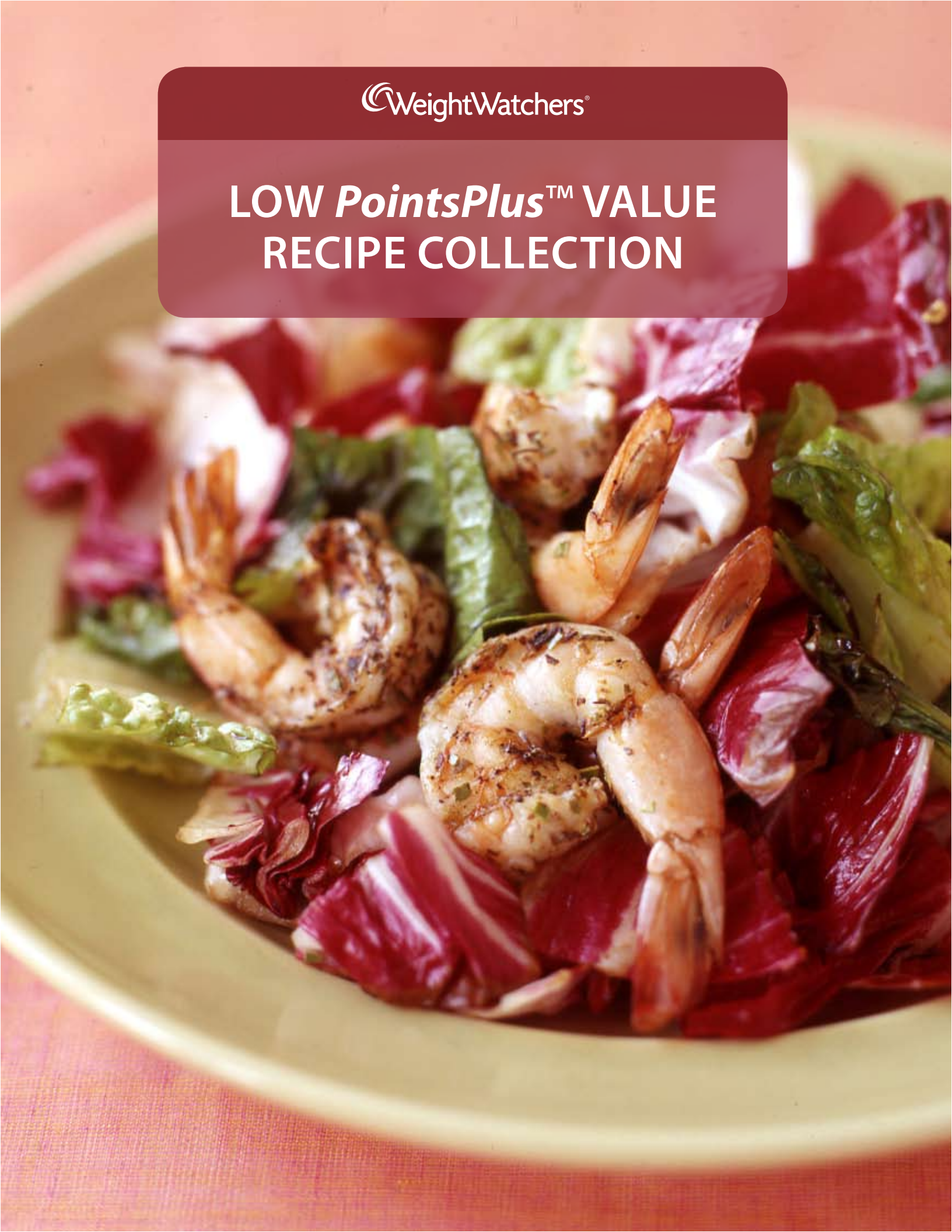




**LOW *PointsPlus*<sup>™</sup> VALUE  
RECIPE COLLECTION**



# 0-1 *PointsPlus*<sup>TM</sup> VALUES RECIPES

ROASTED EGGPLANT AND TOMATO  
GRILLED VEGETABLE PACKETS WITH SAGE  
HEALTH SALAD

CAULIFLOWER POPPERS  
ENDIVE WITH CHIPOTLE CREAM CHEESE  
ITALIAN-INSPIRED VEGETABLE SOUP



## ROASTED EGGPLANT AND TOMATO | 1 *PointsPlus*<sup>TM</sup> VALUES PER SERVING | 8 SERVINGS

**PREP TIME:** 8 MIN | **COOKING TIME:** 60 MIN | **LEVEL OF DIFFICULTY:** EASY

Enjoy this recipe as a side dish, dip, pasta topping or as a sauce for your favorite lasagna.

### INGREDIENTS

- 1 spray cooking spray
- ▲ 1 medium raw eggplant, not peeled
- ▲ 1/2 large onion, peeled
- ▲ 2 cups tomatoes, roughly chopped
- 1/4 cup basil, fresh, thinly sliced (or more to taste)
- 1 tsp table salt
- 1/4 tsp crushed red pepper flakes
- 2 tsp olive oil

### INSTRUCTIONS

1. Preheat oven to 375°F. Coat a shallow nonstick roasting pan or baking sheet with cooking spray.
2. Pierce eggplant many times with a sharp knife; place on roasting pan with onion. Coat vegetables with cooking spray; roast for 30 minutes. Flip vegetables; roast for 30 minutes more.
3. Meanwhile, in a medium bowl, combine tomatoes, basil, salt and pepper; set aside at room temperature until vegetables are finished cooking.
4. When roasted eggplant is cool enough to handle but is still hot, slice it open and scoop out small chunks (so you do not get any skin). Add eggplant to tomato mixture; toss well.
5. Next, discard outer layer of roasted onion and chop into bite-size pieces; toss with tomato mixture. Serve warm or cold. Yields about 1/2 cup per serving.

▲ Indicates a Power Food



## GRILLED VEGETABLE PACKETS WITH SAGE

### 1 **PointsPlus**™ VALUES PER SERVING | 4 SERVINGS

**PREP TIME:** 10 MIN | **COOKING TIME:** 15 MIN | **LEVEL OF DIFFICULTY:** EASY

We like the idea of completing your entire meal on the grill. These foil packets steam next to your meat, chicken or fish, yielding tender, well-seasoned vegetables.

#### INGREDIENTS

2 sprays olive oil cooking spray	▲ 4 small shallots, thinly sliced on the diagonal	1/8 tsp black pepper, or to taste
▲ 3 medium summer squash, yellow, sliced 1/4-inch thick on the diagonal	▲ 12 medium cherry tomatoes, ripe, firm	1 Tbsp fresh sage, about 4 large leaves
	1/4 tsp table salt	4 tsp balsamic vinegar

#### INSTRUCTIONS

1. Preheat grill to medium. Cut four 12-inch square sheets of heavy-duty aluminum foil; lightly coat each with cooking spray.
2. Place squash, shallots and tomatoes in a medium bowl. Add salt and pepper; toss to coat. Place 1/4 of vegetable mixture on each sheet of foil. Top each packet with a sage leaf; sprinkle with vinegar.
3. Fold top and bottom of foil sheets to center; fold in edges. Do not press down; leave space for steam to build up.
4. Grill packets until shallots and squash are fork tender, about 10 to 15 minutes. (To test for doneness, carefully open one packet and pierce squash with the tip of a knife. If the knife comes out easily, the vegetables are done.)
5. Remove packets from heat. Carefully open packets (make sure to keep face away from escaping steam) and gently mix vegetables with packet juices. Yields 1 packet per serving, serving.

NOTES: You can swap rosemary or thyme sprigs for the sage, if you prefer.



## HEALTH SALAD

### 1 **PointsPlus**™ VALUES PER SERVING | 16 SERVINGS

**PREP TIME:** 16 MIN | **COOKING TIME:** 14 MIN | **LEVEL OF DIFFICULTY:** EASY

Like slaw, but better. This recipe is wonderful with burgers, chicken kabobs and grilled fish.

#### INGREDIENTS

▲ 4 cups shredded red cabbage, or green cabbage	▲ 1 medium green pepper, thinly sliced	2 1/2 Tbsp apple cider vinegar
▲ 1/2 medium English cucumber, thinly sliced	▲ 1 medium carrot, thickly shredded	1 Tbsp olive oil
▲ 1/2 medium red onion, thinly sliced	1/2 tsp table salt	1 Tbsp water
1 large garlic clove, thinly sliced	1/2 tsp black pepper	1 Tbsp fresh dill, chopped (optional)
	2 1/2 Tbsp sugar	

#### INSTRUCTIONS

1. In a large bowl, combine cabbage, cucumber, onion, garlic, green pepper and carrot; set aside.
2. In a small bowl, combine remaining ingredients; pour over vegetables and toss to mix and coat. Chill in refrigerator, tossing once or twice, for about 1 hour. Yields about 1/2 cup per serving.

▲ Indicates a Power Food

## CAULIFLOWER POPPERS

0 **PointsPlus™** VALUES PER SERVING  
8 SERVINGS

**PREP TIME:** 10 MIN | **COOKING TIME:** 10 MIN  
**LEVEL OF DIFFICULTY:** EASY

Great as a side dish or as a snack.  
An unbeatable combo of flavor, texture and spice.



1 spray cooking spray

- ▲ 1 small head cauliflower
- 1/2 tsp ground cumin
- 1/2 tsp chili powder, or more to taste
- 1/2 tsp table salt
- 1/2 tsp black pepper

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Cut cauliflower florets into bite-sized pieces (there should be about 4 cups). Place cauliflower in a medium bowl and add cumin, chili powder, salt and pepper; toss well to coat.
3. Spread cauliflower on prepared baking sheet and bake until cauliflower is tender, but not mushy, stirring halfway through, about 10 minutes. Yields about 1/2 cup per serving.

## ENDIVE WITH CHIPOTLE CREAM CHEESE

1 **PointsPlus™** VALUES PER SERVING  
8 SERVINGS

**PREP TIME:** 15 MIN | **COOKING TIME:** 0 MIN  
**LEVEL OF DIFFICULTY:** EASY

These cheese-stuffed endive look fancy but are really easy to make. They're sure to impress at any cocktail party.



4 oz fat-free cream cheese, at room temperature

- ▲ 1/4 cup roasted red peppers, water-packed, blotted dry, finely diced
- ▲ 3 Tbsp scallions, thinly sliced
- 3 Tbsp cilantro, fresh, chopped (plus extra leaves for garnish)
- 2 tsp canned chipotle sauce
- 1/4 tsp table salt
- 1/4 tsp ground cumin
- ▲ 3 small heads endive, Belgian (about 24 leaves)

1. In a small bowl, stir together cream cheese, roasted peppers, scallions, cilantro, chipotle sauce, salt and cumin until blended. Cover and refrigerate until ready to serve (up to 1 day).
2. When ready to serve, spoon about 1 teaspoon of chipotle cheese mixture into bottom of each endive leaf; garnish with remaining fresh cilantro leaves. Arrange on a serving platter and serve. Yields 3 leaves per serving.  
NOTE: If you're not an endive fan, spoon the cheese filling onto thickly sliced cucumbers or into hollowed out cherry tomatoes. Or serve it as a dip for tortilla chips or fresh vegetables.

## ITALIAN-INSPIRED VEGETABLE SOUP

1 **PointsPlus™** VALUES PER SERVING  
12 SERVINGS

**PREP TIME:** 30 MIN | **COOKING TIME:** 20 MIN  
**LEVEL OF DIFFICULTY:** EASY

Chockfull of vegetables, this is one great snack.



- ▲ 2 cups escarole, chopped
  - 2 medium garlic cloves, minced
  - ▲ 1 cup onion, chopped
  - ▲ 2 cups spinach, baby leaves
  - ▲ 2 small zucchini, cubed
  - ▲ 1 medium sweet red pepper, chopped
  - ▲ 1 medium fennel bulb, thinly sliced
  - ▲ 6 cups vegetable broth
  - ▲ 28 oz canned diced tomatoes, preferably fire-roasted
  - 1/4 tsp crushed red pepper flakes
  - 2 tsp thyme, fresh, finely chopped
  - 1 tsp fresh oregano, finely chopped
  - 3/4 tsp table salt
  - 1/4 tsp black pepper
  - 1/4 cup parsley, fresh, chopped
  - 1/4 cup basil, fresh, leaves
1. Put escarole, garlic, onions, spinach, zucchini, red pepper, fennel, vegetable broth, diced tomatoes, red pepper flakes, thyme and oregano into a large soup pot. Cover and bring to a boil over high heat. Reduce heat to low, and simmer, partly covered, for about 10 minutes.
  2. Stir in salt, black pepper, parsley and basil. Serve. Yields about 1 cup per serving.

▲ Indicates a Power Food

# 1-2 *PointsPlus*<sup>TM</sup> VALUE RECIPES

GRILLED SHRIMP SALAD  
HERBED VEGETABLE CHIPS  
OATMEAL RAISIN BITES  
WATERMELON SALSA  
TURKISH MEATBALLS WITH  
A CUCUMBER-YOGURT DIPPING SAUCE

RASPBERRY CHOCOLATE CUPS  
GRILLED MARGHERITA PORTOBELLO MUSHROOMS  
CREAMY CORN CHIPOTLE DIP  
MILK CHOCOLATE CHIP COOKIES  
JAPANESE FLAVORED EDAMAME



## GRILLED SHRIMP SALAD | 2 *PointsPlus*<sup>TM</sup> VALUE PER SERVING | 4 SERVINGS

**PREP TIME:** 15 MIN | **COOKING TIME:** 4 MIN | **LEVEL OF DIFFICULTY:** EASY

We all love grilled shrimp, but who's ever heard of grilling lettuce? Actually, it comes off the grill sweet and lightly wilted, just waiting for the dressing.

### INGREDIENTS

- ▲ 1/2 pound shrimp, medium-sized (about 16 shrimp), peeled and deveined
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 tsp garlic powder
- ▲ 1 large head lettuce, romaine
- ▲ 1 medium head lettuce, radicchio
- 1 spray cooking spray
- 3 Tbsp balsamic vinegar, aged variety
- 1/4 tsp table salt
- 1/4 tsp black pepper, freshly ground

### INSTRUCTIONS

1. Toss the shrimp, oregano, thyme and garlic powder together in a medium bowl. Cover and refrigerate at least 1 hour or overnight.
2. Cut the head of romaine in half lengthwise, leaving the root end intact, so that the leaves on each half are held together by the root. Cut the radicchio in quarters, lengthwise, leaving the root end intact, so that the leaves on each quarter are held together.
3. Spray the grill rack or a large grill pan with nonstick spray; heat the grill or set the pan over medium heat. (Note: Never spray nonstick spray directly into a heat source, whether a grill or a stove.)
4. Lay the shrimp on the grill or in the pan. Cook until pink and firm, about 3 minutes, turning once. Transfer to a serving bowl.
5. Spray a wad of paper towels with a nonstick spray and wipe the grill rack or grill pan quickly, being careful not to burn yourself.
6. Add the lettuces cut side down. Pressing down with the back of a large metal spatula or a small saucepan lid, cook until slightly wilted and marked from the grill, about 30 seconds. Transfer the Romaine to a cutting board. Flip the radicchio quarters to the other cut sides; grill 20 seconds more. Transfer to the cutting board.
7. Roughly chop the romaine and radicchio; add it to the bowl with the shrimp. Toss with the vinegar, salt and pepper. Serve at once. Yields about 1 1/2 cups per serving.

▲ Indicates a Power Food



## HERBED VEGETABLE CHIPS

2 **PointsPlus**™ VALUE PER SERVING | 4 SERVINGS

PREP TIME: 15 MIN | COOKING TIME: 120 MIN | LEVEL OF DIFFICULTY: EASY

Chips are quintessential party food. You can buy a bag of ho-hum light chips at the store. Or you can bake your own from a variety of delicious, colorful vegetables.

### INGREDIENTS

4 sprays olive oil cooking spray  
▲ 1 medium zucchini, sliced crosswise into 1/8-inch-thick slices  
▲ 1 medium yellow summer squash, sliced crosswise into 1/8-inch-thick slices

▲ 2 small sweet potatoes, peeled and sliced crosswise into 1/8-inch-thick slices  
▲ 2 large carrots, peeled and sliced diagonally into 1/8-inch-thick slices

1 tsp kosher salt, or more to taste  
1 tsp fresh oregano, or more to taste

### INSTRUCTIONS

1. Preheat oven to 200°F. Coat 2 large baking sheets with cooking spray.
2. Place zucchini and squash in a single layer on one baking sheet. Place potatoes and carrots in a single layer on other baking sheet. Coat vegetables with cooking spray and season tops of vegetables with salt and oregano.
3. Roast for 1 hour and then rotate trays. Roast until vegetables are crisp and dry, about 30 to 60 minutes more. Yields about 1/3 cup per serving.

NOTES: To keep chips crisp, store completely cooled chips in an airtight container or zip-close plastic bag for up to 3 days. To re-crisp already cooked chips that have gone soft, cook on a baking sheet for about 10 minutes at 250°F.

Try substituting red potatoes, turnips or rutabagas for a delicious change of pace



## OATMEAL RAISIN BITES | 2 **PointsPlus**™ VALUE PER SERVING 40 SERVINGS

PREP TIME: 10 MIN | COOKING TIME: 12 MIN | LEVEL OF DIFFICULTY: EASY

Small oatmeal raisin cookies with a big granola taste.

### INGREDIENTS

▲ 1 1/2 cup rolled oats  
3/4 cups whole-grain wheat flour  
1/2 tsp baking powder

1/4 tsp table salt  
1/2 tsp ground cinnamon  
1/2 cup(s) butter, softened  
1/4 cup sugar

1/2 cup packed brown sugar  
▲ 1 large egg  
1 tsp vanilla extract  
1 cups raisins, chopped

### INSTRUCTIONS

1. Preheat oven to 350°F
2. In a medium bowl, combine oats, flour, baking powder, salt and cinnamon; set aside. Using an electric mixer, cream butter and both sugars until incorporated. Add egg and vanilla; mix thoroughly. Add oat mixture and mix until just combined; fold in raisins.
3. Drop rounded teaspoons of batter onto 2 ungreased cookie sheets, about 1-inch apart each. Bake for 9 to 10 minutes for chewy cookies or 11 to 12 minutes for crispy cookies. Remove from oven and let cookies rest on cookie sheets for about 2 minutes; remove cookies to a wire rack to cool completely. Yields 1 cookie per serving.

▲ Indicates a Power Food



## WATERMELON SALSA | 1 *PointsPlus*<sup>™</sup> VALUE PER SERVING 12 SERVINGS

PREP TIME: 25 MIN | COOKING TIME: 0 MIN | LEVEL OF DIFFICULTY: EASY

This fresh, fruity salsa is delicious with grilled or broiled fish, chicken, pork or beef. Use balsamic vinegar instead of lime juice for a deeper flavor.

### INGREDIENTS

- ▲ 4 cups watermelon, seedless, chopped into small pieces
- ▲ 1 cup cucumbers, seedless, chopped into small pieces
- ▲ 1/2 cup scallions, chopped into small pieces (green and white parts)
- ▲ 1/2 large yellow pepper, chopped into small pieces
- ▲ 1 large jalapeno pepper, seeded, finely minced (do not touch seeds with bare hands)
- 1 1/2 Tbsp cilantro, fresh, minced
- 1 1/2 Tbsp mint leaves, fresh, minced
- 1 tsp sugar
- 1 Tbsp olive oil
- 2 Tbsp fresh lime juice

### INSTRUCTIONS

1. Toss all ingredients together in a large bowl. Serve at room temperature or chilled. Yields about 1/2 cup per serving.

NOTES: If you plan to make this recipe ahead of time, chop up and toss together the watermelon, vegetables and herbs, but wait to combine them with the sugar, olive oil and lime juice until just before serving.



## TURKISH MEATBALLS WITH A CUCUMBER YOGURT DIPPING SAUCE | 1 *PointsPlus*<sup>™</sup> VALUE PER SERVING | 12 SERVINGS

PREP TIME: 20 MIN | COOKING TIME: 32 MIN | LEVEL OF DIFFICULTY: EASY

Lean ground beef is combined with fiber-rich bulgur and fragrant spices in this easy appetizer—perfect for entertaining.

### INGREDIENTS

- ▲ 1/2 cup uncooked bulgur
- 1 spray cooking spray
- ▲ 1/2 pound uncooked lean ground beef (with 7% fat)
- ▲ 1/4 cup scallions, sliced
- 3 Tbsp cilantro, fresh, chopped, divided
- 1 1/4 tsp minced garlic, divided
- 1 1/4 tsp ground cumin, divided
- 3/4 tsp table salt, divided
- 1/2 tsp paprika
- 1/4 tsp ground cinnamon
- ▲ 1 cup plain fat-free yogurt
- ▲ 1/4 cup cucumber, finely diced
- ▲ 2 Tbsp radishes, finely diced
- 1 Tbsp dill, fresh, chopped

### INSTRUCTIONS

1. Cook or soak bulgur according to package directions; drain any excess water and let cool.
  2. Place oven rack in center of oven and preheat oven to 425°F. Coat baking pan with cooking spray.
  3. Put beef, scallions, 2 tablespoons of cilantro, 1 teaspoon each of garlic and cumin, 1/2 teaspoon of salt, paprika, cinnamon and drained bulgur in a large bowl; combine ingredients with your hands until well-mixed.
  4. Roll meatball mixture into twenty-four 1 1/4-inch balls; place on prepared pan. Bake until lightly browned and cooked through, about 10 to 12 minutes.
  5. Meanwhile, to make dipping sauce, in a small bowl, combine yogurt, cucumber, radish, dill, remaining tablespoon of cilantro, and remaining 1/4 teaspoon each of garlic, cumin and salt; mix well.
  6. To serve, place meatballs on a serving platter with toothpicks and spoon sauce into a small bowl. Yields 2 meatballs and about 1 1/2 tablespoons of sauce per serving.
- NOTES: You can form the meatballs up to 6 hours before cooking this recipe and keep them refrigerated until you're ready to cook them. The dipping sauce can be made up to 6 hours ahead, too, but stir in the cucumber and radish just before serving. This recipe can easily be doubled or tripled for larger gatherings.

▲ Indicates a Power Food



## RASPBERRY-CHOCOLATE CUPS

1 **PointsPlus**™ VALUE PER SERVING | 12 SERVINGS

PREP TIME: 35 MIN | COOKING TIME: 2 MIN | LEVEL OF DIFFICULTY: MODERATE

A two ingredient treat for your Valentine? Absolutely! These homemade candies will hit the spot.

### INGREDIENTS

6 Tbsp semi-sweet chocolate chips      3 Tbsp raspberry jam

### INSTRUCTIONS

1. Place chocolate chips in a small microwavable bowl and microwave on high, stirring every 15 seconds, until chocolate is melted and smooth, about 1 minute.
2. Spoon 3/4 teaspoon of melted chocolate into a small foil candy cup (1-inch wide by 3/4-inch high). Use a small flat paint brush to spread chocolate evenly over bottom and up sides. Repeat with remaining cups, place them on a plate and refrigerate for 3 minutes or until chocolate is firm.
3. Spoon 3/4 teaspoon of jam into each chocolate-lined cup. Tap bottom of each cup on counter to settle jam.
4. Reheat remaining melted chocolate in microwave, stirring every 10 seconds, until chocolate is completely smooth. Spoon 1/2 teaspoon of melted chocolate over top of jam in a foil cup. Use brush to spread chocolate to sides so that it seals in jam. Repeat with remaining 11 foil cups.
5. Refrigerate 3 minutes or until chocolate is firm, or allow chocolate to firm up at room temperature, about 3 hours. Yields 1 candy per serving.

NOTES: Look for foil candy cups at stores that sell bakeware and kitchen gadgets.



## GRILLED MARGHERITA PORTOBELLO MUSHROOMS

2 **PointsPlus**™ VALUE PER SERVING | 4 SERVINGS

PREP TIME: 8 MIN | COOKING TIME: 10 MIN | LEVEL OF DIFFICULTY: EASY

Like mushroom pizza burgers minus the buns. They make wonderful main dishes, or slice each mushroom cap into quarters for a sophisticated, forkless appetizer.

### INGREDIENTS

▲ 4 medium portobello mushrooms, stems removed, wiped clean with a damp paper towel	1/2 cup shredded part-skim mozzarella cheese	▲ 2 medium plum tomatoes, sliced into 1/4-inch-thick slices
1 spray olive oil cooking spray	1/4 tsp garlic powder	8 leaves basil, fresh (for garnish)
	1 tsp dried oregano	

### INSTRUCTIONS

1. Heat a grill or grill pan to medium-high heat. Place mushrooms on a tray and lightly coat with cooking spray.
2. Place mushrooms on grill, underside (gill) down, and cook, covered, 4 minutes. Uncover and using tongs, flip mushrooms; cook for 4 minutes more.
3. Meanwhile, in a small bowl, combine cheese, garlic powder and oregano.
4. After mushrooms have cooked for 8 minutes, remove them to a tray and reduce grill heat to medium-low. Fill each mushroom cap with about 2 tablespoons of seasoned cheese. Place mushrooms back on grill and cook, covered, until cheese melts, about 2 minutes.
5. Remove mushrooms to a serving plate and top each with 4 slices of tomato and 2 basil leaves. Yields 1 mushroom per serving.

▲ Indicates a Power Food



## CREAMY CORN CHIPOTLE DIP

1 **PointsPlus™** VALUE PER SERVING  
12 SERVINGS

PREP TIME: 15 MIN | COOKING TIME: 0 MIN  
LEVEL OF DIFFICULTY: EASY

Everyone needs a simple dip recipe in their collection for summer BBQs, picnics or pool parties. This one's creamy and sweet with just a touch of spice.



4 oz fat-free cream cheese  
2 items canned chipotle peppers in adobo sauce, seeded  
▲ 3 cups frozen corn kernels, or fresh corn kernels\*  
2 Tbsp fresh lime juice  
1 1/2 tsp ground cumin  
1/2 tsp table salt

Place all ingredients in a food processor fitted with the chopping blade; pulse a few times, scrape down the sides of the bowl, and process until smooth. To store, spoon into a medium bowl, cover, and refrigerate for up to 3 days; return to room temperature before serving. Yields about 3 tablespoons per serving.

NOTE: \*When in season, use fresh corn kernels for the best flavor. To remove the kernels, break each cob in half. Stand a half on its flat end and run a sharp knife along the cob, slicing off the kernels.

We prefer the flavor of this recipe a day after it's been made. Leave the corn somewhat chunky if you prefer.

## MINI CHOCOLATE-CHIP COOKIES

2 **PointsPlus™** VALUE PER SERVING  
24 SERVINGS

PREP TIME: 10 MIN | COOKING TIME: 20 MIN  
LEVEL OF DIFFICULTY: EASY

Go ahead and grab a handful of these bite-size cookies. They might be little, but they pack a big chocolate punch.



2 Tbsp butter, softened  
2 tsp canola oil  
1/2 cup packed brown sugar, dark-variety  
1 tsp vanilla extract  
1/8 tsp table salt  
▲ 1 large egg white  
3/4 cup all-purpose flour  
1/4 tsp baking soda  
3 oz semi-sweet chocolate chips, about 1/2 cup

1. Preheat oven to 375°F.
2. In a medium bowl, cream together butter, oil and sugar. Add vanilla, salt and egg white; mix thoroughly to combine.
3. In a small bowl, mix together flour and baking soda; stir into batter. Add chocolate chips to batter; stir to distribute evenly throughout.
4. Drop rounded half-teaspoons of dough onto one or two large nonstick baking sheets, leaving a small amount of space between each cookie. Bake cookies until golden around edges, about 4 to 6 minutes; cool on a wire rack. Yields 2 cookies per serving.

## JAPANESE FLAVORED EDAMAME

2 **PointsPlus™** VALUE PER SERVING  
4 SERVINGS

PREP TIME: 4 MIN | COOKING TIME: 3 MIN  
LEVEL OF DIFFICULTY: EASY

A tasty, nutritious snack. Change the seasonings for many different flavors.



▲ 1 1/3 cups frozen shelled edamame  
1 1/2 tsp sea salt, or less to taste  
1 tsp wasabi powder  
1/2 tsp ground ginger

1. Place a small saucepan filled with water over high heat. Add edamame to pan and bring to a boil; boil for 3 minutes and drain. Place edamame in a serving bowl and set aside.
2. To make seasoning, mix together sea salt, wasabi powder and ground ginger in a cup; toss with edamame until well-coated. Yields about 1/3 cup per serving.

▲ Indicates a Power Food