



Edible Edamame

Your Lunches:

Meal 1: Edamame Hummus with Veggies (Calories: 480)

Meal 2: Edamame Salad Wrap (Calories: 415)

Meal 3: Chicken Tenderloins and Carrots (Calories: 410)

Meal 4: Edamame Salad (Calories: 270)

Meal 5: Cucumber/Tomato Salad with Pita (Calories: 320)

Meal 6: Pulled Chicken and Hummus Wrap (Calories: 475)

Grocery List:

1. 12 oz. of shelled Edamame (frozen or fresh)
2. 1 small Lemon
3. 1 tbsp. Tahini
4. 5 Chicken Tenderloins
5. 1 large Tomato
6. 1 medium Cucumber
7. 1 small Shallot
8. 3 Pita Breads (8 inch)
9. ½ cup of Corn Kernels
10. 1 medium Red Bell Pepper
11. 16 medium Baby Carrots

In Your Pantry:

1. Salt and Pepper to Taste
2. 3 Tbsp. Olive Oil
3. 1 Tbsp. Balsamic Vinegar
4. 1 tsp. Dried Oregano
5. 1 tsp. Ground Cumin
6. 1 Tbsp. Dijon Mustard

Cooking Instructions:

1. Preheat the oven to 375 degrees.
2. Prepare the dressing/marinade in small bowl by whisking the following ingredients:
 - a. The juice of half a Lemon
 - b. 1 Tbsp. Dijon Mustard
 - c. 1 Tbsp. EV Olive Oil
 - d. Salt and Pepper to Taste
3. Grab a medium baking sheet and cover with a piece of aluminum foil. Place the chicken tenderloins onto aluminum foil and make a “bowl” with the foil around the chicken. Pour half of the marinade over top of the chicken. Mix the chicken and wrap the chicken with the aluminum foil. Place the chicken in the oven for 25 minutes or until cooked through.
4. Prepare the following ingredients:
 - a. Defrost the Edamame if need be
 - b. Defrost or strain the corn kernels if need be
 - c. Chop the tomato into ½ inch cubes
 - d. Finley chop the shallot
 - e. Finely chop half of the red pepper
 - f. Chop 2/3 of the cucumber into ½ inch cubes
5. Make the edamame hummus by processing the following ingredients in a food processor. If you do not have a food processor then using a fork and some strong smashing should get the job done.
 - a. Half of the Edamame
 - b. The juice of half a Lemon (start with ¼ and see how it tastes)
 - c. 1 Tbsp. Tahini (might need a good shake before using)
 - d. Salt and Pepper to Taste
 - e. 1 Tbsp. EV Olive Oil
 - f. 1 tsp. ground Cumin
6. When the chicken is done take it out of the oven and let it cool.
7. Prepare the edamame salad by mixing the following ingredients in a large bowl:
 - a. The other half of the Edamame
 - b. The chopped Red Pepper.
 - c. Half of the Shallot.
 - d. Half of the chopped Cucumber
 - e. Half of the Tomato
 - f. All the Corn
 - g. A pinch of dried Oregano
 - h. The rest of the dressing from step 2
8. Prepare the cucumber tomato salad by mixing the following ingredients:
 - a. The rest of the Tomato
 - b. The rest of the chopped Cucumber
 - c. The rest of the Shallot.
 - d. 1 Tbsp. Olive Oil (save for adding the day of eating)
 - e. 1 Tbsp. Balsamic Vinegar (save for adding the day of eating)
 - f. Salt and Pepper to Taste

9. Cut the rest of the red pepper into long $\frac{3}{4}$ inch strips and cut the rest of the cucumber into $\frac{1}{4}$ inch slices for scooping
10. Shred 2 of the chicken tenderloins using two forks.

Please keep reading for the final portion instructions...

Portion Instructions:

Each portion should be put into a separate container for the different lunch day and stored in the refrigerator or freezer-please see below for instructions.

1. Edamame Hummus with Veggies

Take the red pepper strips and the cucumber slices from step 9 along with 8 of the baby carrots and serve them with $\frac{3}{4}$ of the edamame hummus. You should store the hummus separately than the vegetables.

2. Edamame Salad Wrap

Store the salad separately from the pita until the correct days lunch. At lunchtime place $\frac{1}{3}$ of remaining edamame salad on top of one of the pitas. Wrap it up and enjoy.

3. Chicken Tenderloins and Carrots

This portion consists of three of the chicken tenderloins and 8 baby carrots. The chicken and baby carrots can be heated in a microwave or served chilled.

4. Edamame Salad

This portion consists of $\frac{2}{3}$ of the edamame salad. It should be stored as is with the dressing already added.

5. Cucumber/Tomato Salad with Pita

Do not add the olive oil or balsamic until you are ready to eat. Store the undressed salad until you are ready to eat. When you are ready for lunch add the dressing and toast one of the pitas and cut it into 8 wedges.

6. Pulled Chicken and Hummus Wrap

Store the remaining $\frac{1}{4}$ of the edamame hummus and pulled chicken in a container. When it is lunchtime add the hummus and chicken mixture to a pita and wrap it up.