Edamame Pesto

Servings: 6
10 once edamame (shelled soybeans), if frozen, thaw
1 clove garlic
1/2 teaspoon red pepper flakes
2 tablespoons extra virgin olive oil
2 tablespoons grated parmesan cheese
salt and pepper, to taste

Place edamame add garlic and red pepper flakes in food processor with steel blade and process until chopped, with processor running slowly add olive oil; if dry add a bit more. Mix parmesan cheese in by adding it to bowl and pulse 2 or three times, taste for seasoning and add salt and pepper to taste.

Per Serving (excluding unknown items): 49 Calories; 5g Fat (90.8% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 31mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1 Fat.