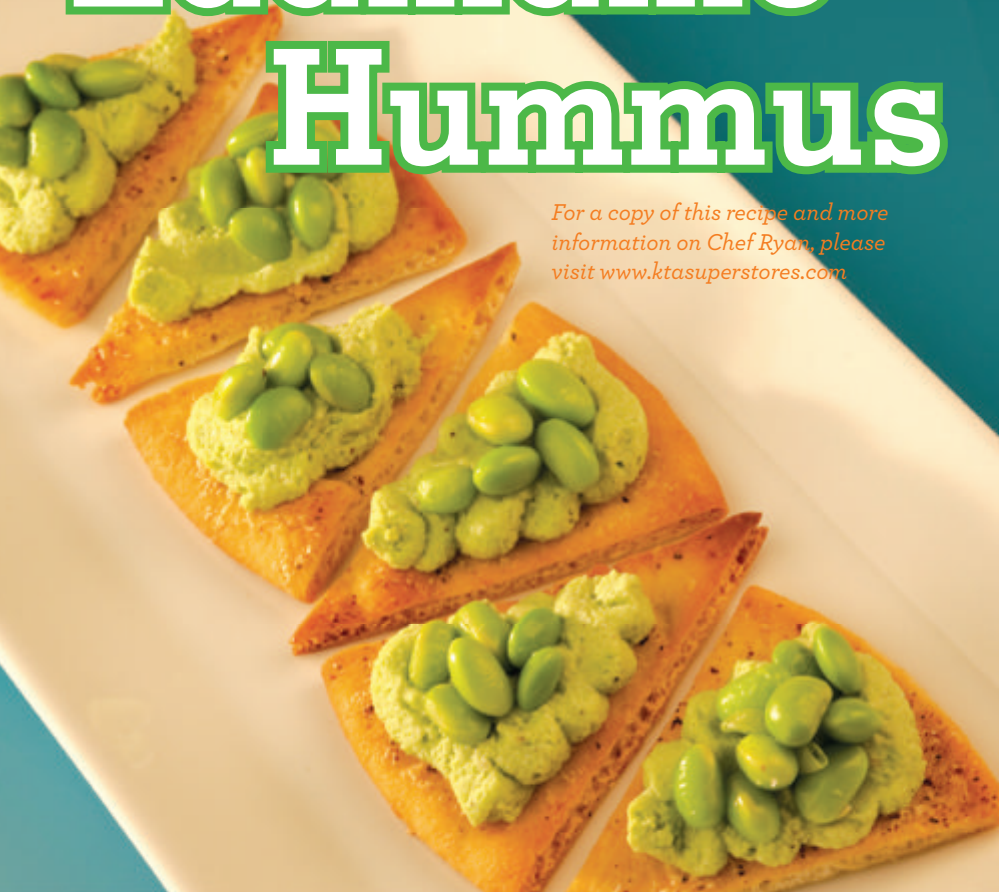


Edamame Hummus



For a copy of this recipe and more information on Chef Ryan, please visit www.ktasuperstores.com

Ingredients *(See featured products on specified page numbers)*

Edamame

- 5 whole heads of roasted garlic
- 1 cup olive oil *pg.23*
- 3 bags, (16 oz. each) frozen, shelled Edamame, defrosted *pg.50*
- 8 oz. cream cheese
- 3 tbsp. sea salt *pg.17*

- 2 tbsp. white or black pepper

Pita Chips

- Pita Bread (one per person)
- Olive oil *pg.23*
- Salt & pepper
- Parmesan cheese

Directions *(Makes 12 servings)*

Preheat oven to 400°. Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic. Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple teaspoons of olive oil over each head using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. Bake at 400° for 30-35 minutes, or until the cloves feel soft when pressed. Remove the pan from the oven and let contents cool to room temperature. Add Edamame, roasted garlic and oil into a food processor along with cream cheese, salt and pepper. Puree until smooth. Serve with your favorite vegetables, crackers or homemade pita chips.

Pita Chips

Brush the pita bread with olive oil and season with salt. Cut into 4-6 pieces and place on baking sheet. Sprinkle with Parmesan cheese. Bake at 350° for 7 minutes or until crispy. Serve with Edamame hummus or any other cheese spread.

Total time: 1 hour

Recipe by Chef Ryan