

Black Bean Edamame Hash

Servings: 4 (about 6 cups)

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 1 cup steamed, shelled edamame
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- Dash of cayenne pepper, or more to taste
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons water
- 1 ¾ cups cooked black beans, drained (one 15 ounce can)
- ½ cup chopped fresh cilantro

Directions:

Heat the oil in a large skillet over medium heat. Add the garlic. Water, edamame chili powder, cumin, cayenne, salt, and pepper. Sauté for 1-2 minutes. Stir in the black beans and sauté for 2 to 3 minutes more. Add the cilantro and adjust the seasoning to taste.

Serve with sliced avocado, Greek yogurt, and salsa. Can also add onions, peppers and spinach.

Tip: This can be enjoyed in a lettuce wrap, on a Taco Salad or with lite cheese as filling in a WW quesadilla.

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