Dinner Tonight!

**Spicy Roasted Edamame**

1 1/4 cups frozen shelled edamame (green soybeans), thawed
2 teaspoons olive oil   1/8 teaspoon ground black pepper
1/2 teaspoon chili powder   1/8 teaspoon paprika
1/4 teaspoon dried basil   1/4 teaspoon ground cumin
1/4 teaspoon onion powder

Preheat oven to 375 degrees F (190 degrees C). Place the thawed edamame into a mixing bowl, drizzle with the olive oil, then sprinkle with chili powder, basil, onion powder, cumin, paprika, and pepper. Toss until the edamame are evenly coated with the oil and spices. Spread into a 9x13 inch glass baking dish in a single layer.

Bake uncovered in the pre-heated oven until the beans begin to brown, 12 to 15 minutes. Stir once halfway through cooking.

Preparation time: 5 minutes
Cook time: 15 minutes
Serves: 4

Nutrition Facts per Serving:
Calories: 141
Total Fat: 7.9 g
Cholesterol: 0 mg
Sodium: 16 mg
Total Carbohydrate: 9.3 g
Dietary Fiber: 3.5 g
Protein: 10.5 g