

Gingered Edamame with Fire-Roasted Tomatoes

This protein-packed vegetable dish pairs perfectly with a lean cut of beef, like a petite filet. Once the chopping is done, the cooking takes just minutes.

* serves 6

- 1 tablespoon olive oil
- 1 cup finely chopped yellow onion
- 2 tablespoons peeled and finely chopped fresh ginger
- 1 tablespoon minced garlic
- 1 (14-ounce) can fire-roasted tomatoes (such as Hunt's or Muir Glen)
- 2 tablespoons low-sodium soy sauce
- 1/4 cup vegetable or chicken broth
- 2 cups shelled edamame
- 3 tablespoons chopped fresh cilantro (optional)

1. **HEAT** oil in a large sauté pan over medium heat. Add onion and cook, stirring, until soft and translucent, about 6 minutes. Add ginger and cook, stirring, 1 minute longer. Add garlic and cook, stirring, 1 minute more. Do not brown garlic.

2. **ADD** tomatoes, soy sauce, broth and edamame. Bring to a boil, reduce heat, and simmer 5 minutes. Garnish with cilantro, if desired.

PER SERVING: 126 calories, 4.5g total fat, .3g sat. fat, .24g poly. fat, 1.7g mono. fat, 6.5g prot, 13g carbs, 0mg chol., 3.7g fiber (Osol g), 318mg sodium.

About the beans: Edamame are soybeans that are harvested prematurely, when the beans are still green and sweet. Soybeans are the only vegetable that's considered a complete protein.