

# Try These Tasts

## **Edamame and Split Pea Soup** *Serves 8*

Combine 4 c fat-free, low-sodium chicken broth with 4 c water in a large stockpot. Place over high heat and bring to a boil. Rinse and drain 1 c split peas and add to the pot. Add 1 c frozen edamame (soybeans), 1½ c cooked chicken breast meat cut into cubes, 1 c each chopped onions and carrots, and 2 c chopped celery. Reduce heat to low, cover and cook for 1 to 1½ hours.