



Ingredients:

- 1 (12 ounce) package frozen edamame (soybeans) in their pods
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- Soy sauce
- ½ teaspoon ground black pepper

Instructions:

- 1) Preheat oven to 375 degrees F
- 2) Toss edamame, olive oil, garlic, soy, and black pepper together in a large bowl until well-coated. Spread in a single layer on a baking sheet.
- 3) Roast in the preheated oven, stirring halfway through, until edamame shells start to brown, about 20 minutes. Serve whole, popping beans out of the shell to eat.

*Optional: can use an air fryer instead of an oven