

SPOTLIGHT: EDAMAME

Edamame (sometimes called Mukimame) is a tasty, nutritious legume that many kids enjoy. Edamame are young green soybeans. They can typically be found in the freezer section of the grocery store. Edamame comes either in its pod or shelled. The pods of edamame are not meant to be eaten. To prepare edamame simply boil, steam, or microwave them for a few minutes. Many kids enjoy the process of popping the edamame beans out of the pod, so it's a fun vegetable to try if you want your child to eat more vegetables. It's also an easy vegetable to pack as a snack or in a lunch box.

Edamame is a good source of protein, fiber, omega 3 fats, and many other important vitamins and minerals. Beans are unique because they fall into the "vegetable" and "protein" food group which means you are getting the nutrition benefits of both groups! They are round and slippery, so there is a choking risk.

See the guidelines below for how to serve edamame safely under 24 months.

- For children ages 6-9 months: mash the shelled edamame beans
- 9-18 months halve (or split) the beans
- 18+ months can typically eat whole shelled edamame beans
- 24+ months can learn how to pop the edamame out of their shells- but they need supervised



IN THE KITCHEN

EDAMAME SUCCOTASH



Ingredients

2 Tbsp olive oil
1 large red onion, diced
1-2 minced garlic cloves
1 can diced red tomatoes (or 2 large fresh tomatoes)
2 cups frozen corn
2 cups frozen shelled edamame
Optional: 3 Tbsp thinly sliced fresh basil
(or 1 tsp dried basil)
Optional: pinch of salt

Directions

Heat oil in a large skillet over medium heat. Add onion and sprinkle with salt. Saute until soft and translucent, or about 5 minutes. Add garlic, stir until fragrant (about 1 minute). Add tomatoes, corn, and edamame. Simmer until corn and edamame are tender and tomatoes are soft (10-15 minutes). Season with a pinch of salt and fresh basil. Serve cold or warm.

TABLE TALK

TRYING NEW FOODS

Feeding children is not an easy task, and trying to get your child to try new things and eat well balanced meals can feel impossible for many parents. Here are some tips for teaching kids to try new foods:

- Be a role model: eat new foods in front of your child and share your thoughts about the flavor
- Offer new things with old favorites: when introducing new foods, offer them on the side of something else you know they enjoy
- Serve small amounts of new foods so that it doesn't seem overwhelming
- Be patient: it can take 7-15 times for a child to accept and like a new food
- Be creative: try preparing the new food in several different ways or chopping it into different shapes (for example carrot rounds, carrot sticks, raw carrots, cooked carrots etc.)
- Try to keep the mood light and avoid threats and bribing your child to try new foods
- Get your child involved in the kitchen: every time your child is exposed to new food it can increase their acceptance of the food as they get older
- Deconstruct the meal: if your child doesn't like mixed foods (like our edamame succotash), serve the parts of the recipe separately. For example in our featured recipe serve: edamame, corn, and tomatoes separately

Marion County Public Health Department
NUTRITION SERVICES

