

AVOCADO EDAMAME MASH SANDWICH

Prep Time: 10 mins. • Cook Time: 5 - 10 mins. • Total Time: 15 - 20 mins. (plus additional cooling time)

Want to see this recipe in action? Watch it on my YouTube channel, Samantha Sambile!

INGREDIENTS

Avocado Edamame Mash:

- 1 medium avocado
- 1 cup shelled edamame
- 2 garlic cloves
- 1/2 cup cilantro
- 1 - 2 tbsp. nutritional yeast (+extra for sandwich filling)
- juice of half a lemon
- 1/2 tsp. onion powder
- 1/4 tsp. cayenne
- sea salt and pepper to taste

Sandwich Options:

- whole wheat sandwich bread
- spinach
- tomatoes
- Sriracha



Recipe by: Samantha Sambile
Serves: 2 to 4 people

DIRECTIONS

1. Steam the edamame for 5 to 10 minutes. Alternatively you can microwave your edamame in a bowl of water for 2 to 3 minutes. I used frozen, but feel free to use fresh if that's what you have on hand. Deshell your edamame once it's cooked and cool to the touch.
2. Cut the ripe avocado in half, discard the seed, and scoop out the avocado meat.
3. Now you can put all of the mash ingredients in a food processor and pulse till creamy and spreadable. You can pulse for a shorter amount of time if you want a chunkier consistency. If you don't have a food processor, you can mash the ingredients together with a fork.
4. Assemble your sandwich by spreading about 2-3 tbsp. (or more) of the mash on a slice of whole wheat sandwich bread, sprinkle on a little more nutritional yeast for extra "cheesy" flavor layering on the spinach and tomatoes. Drizzle with Sriracha or any condiment of your choosing, and you're ready to eat!

To make ahead: You can make the avocado edamame mash 3 to 4 days in advance. Just refrigerate in an airtight container till you're ready to make your sandwich. Quick tip, this mash also goes well with chips, crackers, or fries so feel free to make a batch ready for snacking!

MAKE THIS RECIPE?

Snap a photo and tag me on Instagram [@samanthasambile](https://www.instagram.com/samanthasambile) and hashtag [#eatwithsamsam](https://www.instagram.com/hashtag/eatwithsamsam). I'd love to see your creations!