

DEAR FELLOW NORTHERERS:

BOILED PEANUTS

(AKA Edamame of the South)
Might be the best thing you've
never heard of

NUTRITION STATS:

FOR HALF A CUP

ZERO cholesterol

**1/4 of your daily
vitamin E**

**12 grams of
PROTEIN**

**A third of your
daily fiber**

**FOR THE RECIPE
VISIT THE EDGE**