

BRIGHT GREEN EDAMAME DIP IN CUCUMBER BITES

(slightly modified from [Tess Japanese Kitchen](#))

for the cucumber cups

3 cucumbers

for the dip

1 cup shelled edamame (frozen is fine)

2 ounces feta cheese

3 Tablespoons olive oil

3 Tablespoons non-fat yogurt (low or full fat is ok)

1 teaspoons salt

juice of half a lemon

a sprinkle of paprika for color contrast

Make the cucumber cups by peeling the cucumbers leaving streaks of unpeeled portions. Cut in 3/4 inch slices, and carefully hollow each slice to form a small cup. Discard the pulp. Reserve the cucumber slices, if they seem too wet place them over paper towels to catch excess liquid.

In a large pot of salted boiling water, cook the edamame until they are tender, 5 to 6 minutes. Drain them in a colander and rinse briefly with cold water to stop the cooking. Let it cool slightly, then add to the bowl of a food processor.

Add all other ingredients, except the paprika. Process to make a smooth paste, scraping the sides of the bowl midway through processing. Taste, adjust seasoning, and spoon small portions of the dip inside the hollowed cucumber slices. Serve any additional dip with crackers or crudites.