

EDAMAME RICE BOWL

Total Time: 20 min

Cook Time: 15 min

Servings: 2

INGREDIENTS

- 1/2 cup quick-cook brown rice, dry
- 3/4 cup frozen edamame
- 2 Tbsp canola oil
- 1 Tbsp rice wine vinegar
- 1 Tbsp soy sauce
- 1/2 Tbsp spicy chile garlic sauce
- 1/4 tsp ground ginger
- 2/3 cup shredded carrot
- (optional) 2 Tbsp green onions, sliced
- (optional) 1/2 Tbsp sesame seeds for garnish

Recipe Notes: To save time, use microwavable brown rice. For a little crunch, add chopped peanuts. Try switching up the grain by using quinoa in place of brown rice!

DIRECTIONS

1. Cook brown rice according to package directions.
2. In large microwave-safe bowl, microwave edamame for 1-2 minutes, or until fully thawed. Drain excess liquid.
3. In a small bowl, whisk together canola oil, rice wine vinegar, soy sauce, chile garlic sauce, and ginger.
4. Add cooked rice, carrots and green onions (if using) to large bowl holding the edamame, stir to combine. Add dressing and stir well to fully coat.
5. Serve room temperature or chilled. Garnish with sesame seeds, if desired. Store leftovers in the refrigerator for up to 5 days.



FOR MORE HEALTHY RECIPE IDEAS,
VISIT WELLNESS.SFSU.EDU/NUTRITION