



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Zesty Summer Rice Bowl

Ingredients:

- 3 tablespoons olive oil
- 2 medium zucchini, chopped
- 1 ½ cups cooked brown rice, cooled
- 1 cup frozen shelled edamame, thawed
- ½ cup basil, finely chopped
- ½ cup slivered almonds
- juice and zest of 1 lemon
- ½ teaspoon salt
- fresh ground pepper, to taste
- ½ cup grated parmesan

Directions:

1. Heat 1 tablespoon olive oil over medium heat.
2. Add zucchini and sauté 4 minutes, stirring frequently.
3. Mix remaining ingredients with zucchini in a large bowl.
4. Serve at room temperature or chill for later.

Serves 4

320 calories, 19 g fat, 2 g saturated fat,
28 g carbohydrate, 6 g fiber, 10 g protein,
310 mg sodium

Source: Linus Pauling Institute

