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