

# Energizing Edamame & Orange Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10      Serving size: 1 bowl or parfait cup

Ingredients	Quantity	Measure
Almonds, roasted, slivered	5	ounces
Edamame, shelled, cooked	3	cups
Rice, Brown, prepared	1 quart + 1 cup prepared rice (10 ounces dry)	
Pepper, bell, green or red variety, diced, fresh or frozen	3	cups
Corn, frozen, thawed	3	cups
Mandarin oranges, canned, drained	3	cups
Balsamic/Sesame dressing	1	bottle

## Preparation

1. Prepare rice and cool completely.
2. Dice bell peppers.
3. Layer all ingredients into a pan or bowl as follows (do not mix to combine ingredients): Rice, diced bell peppers, drained mandarin oranges, thawed corn, edamame. Or layer ingredients into a parfait cup as follows: ½ cup rice, ¼ cup diced bell peppers, ¼ cup drained mandarin oranges, ¼ cup thawed corn, 1/4 cup edamame.
4. Drizzle with balsamic dressing or a dressing of your preference.

## Nutrition Information\*

\*From USDA Nutrient Database

Calories: 405 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 70g Fiber: 11g Total Sugar: 9g Protein: 14g Sodium: 290mg Vitamin A: 47µg Vitamin C: 50mg Calcium: 75mg Iron: 3mg Folate: 182µg