

Energizing Edamame & Orange Bowl - Plantricious

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 (See Balsamic Dressing Oil Free)	1 3/4	cup

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 (Includes dressing)

Calories: 484 Total Fat: 8g Saturated Fat: .7g Monounsaturated Fat: 2.6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 90.4g Fiber: 10g Total Sugar: 22.6g Protein: 15.6g Sodium: 409mg Vitamin A: 76µg Vitamin C: 75mg Calcium: 88mg Iron: 3.8mg Folate: 148µg

