

Zesty Summer Rice Bowl

Basil and lemon make this dish a flavorful favorite. Olive oil and almonds are high in healthy unsaturated fats.

Serves 4



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

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving

Calories 320 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 6g **24%**

 Sugars 3g

Protein 10g

Vitamin A 8% • Vitamin C 40%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.

Please note: nutritional values are approximate.

