

Easy Edamame and Brown Rice



Ingredients:

- 1 1/2 cups water
- 3/4 cup brown rice
- 1 1/4 cups frozen shelled edamame
- 1 tablespoon lime juice
- 1 tablespoon apple cider vinegar or rice vinegar
- 1 1/2 teaspoon canola oil or light olive oil
- 1/2 teaspoon sugar
- 3 green onions, thinly sliced
- 1 teaspoon salt, if desired
- Pepper, if desired

Instructions:

1. Bring water to a boil. Lightly salt, if desired.
2. Add rice, reduce heat to simmer. Cover and cook 30 minutes.
3. Add edamame. Cover and continue cooking 15 to 20 minutes.
4. Stir vinegar, oil, lime juice, and sugar together until mixed.
5. Fluff rice and edamame with a fork.
6. Add the vinegar mixture and green onions into the rice mixture.
7. Season to taste with salt and pepper.

Makes 4 servings.



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