



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Edamame Fried Rice

Serves 4

- 2 tablespoons canola oil
- 2 carrots, shredded
- 1 red pepper, chopped
- 5 green onions, sliced on the diagonal
- 4 tablespoons tamari
- 3 cups cooked, shelled edamame
- 4 cups cold cooked long-grain brown rice

Heat oil in a large wok or skillet over medium-high heat. Add carrots, pepper, and green onion, and stir-fry until just tender, about 2 minutes. Add edamame, rice, and soy sauce and stir-fry until combined and heated through, about 5 minutes.

Serve with a simple miso soup and a marinated raw vegetable salad for a healthy Asian dinner.

Edamame are soybeans. The word edamame (eh-dah-MAH-meh) means “beans on branches,” and although it looks like a vegetable, it has the nutritional content of meat. A half cup of cooked beans contains 11 grams of protein and 4 grams of fiber.