



Edamame with Sweet Potatoes & Thai Curry served over Basmati Rice

Ingredients:

1 cup basmati rice
2 cups low-sodium vegetable broth
2 t. olive oil
3 cups shelled edamame
1 large sweet potato, cut into half-inch dice
½ T. red Thai curry paste
1 lime (juice of)
1 T. orange juice
1 t. black pepper (to taste)
2 t. olive oil

Preparation:

Cook the rice according to package directions, using vegetable broth.
Heat 2 t. olive oil; sauté sweet potatoes until just tender; add edamame.
Stir together the curry paste, lime juice, orange juice, pepper, and olive oil, and add the mixture to the vegetables; heat through. Serve over rice.

Nutrition Per Serving:

Calories	288 kcal
Fat	9 g
Saturated Fat	1 g
Monounsaturated Fat	3 g
Polyunsaturated Fat	1 g
Cholesterol	0 mg
Sodium	180 mg
Potassium	146 mg
Carbohydrates	34 g
Dietary Fiber	3 g
Sugars	4 g
Protein	14 g
Vitamin A	117 %
Vitamin C	22 %
Calcium	27 %
Iron	26 %