

Brown Rice with Edamame and Vegetables

2 cups brown rice

4 cups water or vegetable broth

1 cup fresh squeezed orange juice

1 package frozen, shelled edamame

1 cup shredded carrots

1 cup sliced white mushrooms

1/2 teaspoon cumin

1 clove garlic minced

1/2 cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings:4-6 entrée size. Serve with orange slices and celery sticks.