



Dept. of Health Education
Tufts University

VEGETABLE & EDAMAME STIR FRY

15 minutes
2-3 servings

Ingredients:

- 1 tablespoon peanut oil
- 2 peppers, sliced
- 5-6 white or shitake mushrooms, sliced
- ½ onion, sliced
- 2 garlic cloves, minced
- 2 cups frozen edamame
- 1-2 tablespoons soy sauce
- Brown rice (microwavable or stove-top)

Directions:

- Cook brown rice according to package directions.
- Defrost edamame by putting in cold water.
- Preheat skillet over high heat. Add oil and heat for 10 seconds.
- Add peppers, mushrooms, and onion. Cook for 2 min.
- Add garlic and edamame. Cook 1-2 minutes until edamame is heated through.
- Add soy sauce.
- Take off heat and serve over brown rice.



Did you know? Edamame are immature soybeans, picked before they ripen in Asia and Hawaii. They are rich in protein, fiber, omega-3 fatty acids, vitamin K, and manganese. In Japan, edamame are known as “twig beans”. In China, they are known as maodou, meaning “hairy bean”.

Benefits: Pepper is full of vitamin C, which is an essential, water-soluble vitamin. Onion and mushrooms provide fiber, and edamame is a vegetarian-friendly choice for protein. This recipe is gluten-free.

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<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>