



Makes 4 bowls

Preparation Time: 15 minutes

Cook Time: 35 minutes

INGREDIENTS:

ALMOND BUTTER-LIME DRESSING

3 tablespoons almond butter

2 tablespoons lime juice

1½ teaspoons reduced-sodium soy sauce or tamari

2 cloves garlic, minced

1 teaspoon grated fresh ginger

BOWLS

¾ cup dry brown rice

1 cup frozen shelled edamame

¼ cup chopped fresh cilantro

2 8-oz. sweet potatoes, cut lengthwise into wedges

Extra-virgin olive oil cooking spray (optional, [learn more](#))

2 cups shredded red cabbage

2 medium red and/or yellow bell peppers, cut into strips

½ cup bias-sliced scallions (green onions)

Sriracha sauce

Fresh cilantro sprigs

Lime wedges

Thai Rice Salad Bowls

This impressive and satisfying rice salad is surprisingly easy to make. Hands-on time is minimal, and it's served in individual bowls with no chilling required. A creamy, tangy dressing pulls everything together.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 3 g total fat, and 1 g saturated fat per serving.

By Shelli McConnell

- 1 In a bowl combine all Almond Butter-Lime Dressing ingredients. Whisk well, adding water, 1 Tbsp. at a time (about ¼ cup total), to make drizzling consistency. Set aside.
- 2 In a medium saucepan combine rice and 2 cups water. Bring to boiling; reduce heat. Cover and simmer 35 to 40 minutes or until tender and water is absorbed, stirring in the edamame the last 5 minutes of cooking. Stir in the chopped cilantro.
- 3 Meanwhile, preheat oven to 400°F. Line a 15×10-inch baking pan with parchment paper or a silicone baking mat. Arrange sweet potato wedges on prepared pan. For oil-free: Roast about 20 minutes or until tender, brushing with water and turning once halfway through cooking time. *(If using oil, coat sweet potato wedges on all sides with olive oil cooking spray. Roast about 20 minutes or until tender.)*
- 4 In shallow bowls arrange sweet potatoes, cabbage, bell peppers, and scallions. Top with a scoop of brown rice mixture. Drizzle with sriracha sauce and top with cilantro sprigs. Serve with lime wedges and Almond Butter-Lime Dressing on the side.