



Makes 1 bowl
Preparation Time: 15 minutes

INGREDIENTS:

1 cup fresh sugar snap peas or English peas, trimmed and halved diagonally

¾ cup shelled edamame

4 spears fresh asparagus, trimmed

1 cup cooked red or black rice (see tip in intro)

½ cup coarsely shredded carrot

¼ cup thinly sliced radishes

1 tablespoon unseasoned rice vinegar

2 teaspoons low-sodium soy sauce or tamari

¼ teaspoon minced garlic

¼ teaspoon grated fresh ginger

2 tablespoons coarsely chopped raw cashews or sliced almonds, toasted

2 tablespoons bias-sliced scallion

3 slices fresh jalapeño chile

Red Rice and Edamame Bowl with Spring Veggies

This spring veggie rice bowl, which comes together in just 15 minutes if you have cooked rice on hand, really does the trick when you're craving something that's both healthy and hearty. A bed of chewy **red or black rice** lays a tasty foundation for an assortment of colorful steamed veggies that are drizzled with savory ginger-garlic dressing. Crushed cashews add a tasty crunch to each bite, and a sprinkling of sliced jalapeño kicks up the heat. Feel free to mix and match the fresh produce that you use depending on what's in season or what you have on hand, since most veggies will taste great in a simple recipe like this.

Tip: Cooking times can vary for different brands of red and black rice, so be sure to check the package for guidance.

For more inspiration, check out these tasty ideas:

- [Pesto Grain Bowl with Grilled Vegetables](#)
- [Quinoa-Chickpea-Sweet Potato Bowls with Peanut Sauce](#)
- [Couscous Bowls](#)
- Or take a look at our full [collection of grain bowls](#)

By Ellen Boeke

- 1 Arrange peas, edamame, and asparagus in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 3 to 4 minutes or just until tender. Rinse under cold water; drain well.
- 2 In a bowl combine peas, edamame, asparagus, rice, carrot, and radishes. In a separate bowl whisk together vinegar, soy sauce, garlic, and ginger. Drizzle over rice bowl. Top with cashews, scallion, and jalapeño.