

# Summer Veggie Rice Bowl

1 1/3 cups cooked brown rice, cooled to room temperature

1 cup frozen shelled edamame, thawed

1 cup grape tomatoes, halved

1 cup corn

1/2 cup torn fresh basil

1/4 cup pine nuts, toasted

2 tsp. grated lemon rind

3 tbsp. fresh lemon juice

1 tsp. kosher salt

1/4 tsp. freshly ground black pepper

3 tbsp. olive oil, divided

2 cups chopped zucchini

1/2 oz. fresh Parmesan cheese, shaved

Combine the first 10 ingredients in a large bowl, and toss until well blended. Heat a skillet over medium-high heat. Add 1 tablespoon olive oil to pan; swirl to coat. Add zucchini; sauté 4 minutes, stirring occasionally. Add zucchini and remaining 2 tablespoons oil to rice mixture; toss. Top with shaved Parmesan cheese

**NUTRITION:** 371 calories; 23g fat (52.6% calories from fat); 16g protein; 30g carbohydrates; 4g dietary fiber; 3mg cholesterol; 544mg sodium.

LIVE IT TRACKER: 1½ oz.-eq. meat, 1½ oz.-eq. grain, ½ cup vegetable

*This recipe is taken from Healthy Happy Cooking, available now in our online store.*