



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **SUMMER VEGGIE RICE BOWL**

SERVES 4

- 1 1/3 cups cooked brown rice, cooled to room temperature
- 1 cup frozen shelled edamame (green soybeans), thawed
- 1 cup grape tomatoes, halved
- 1/2 cup torn fresh basil
- 1/4 cup pine nuts, toasted
- 2 teaspoons grated lemon rind
- 3 tablespoons fresh lemon juice
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- 2 cups chopped zucchini
- 1/2 ounce fresh Parmesan cheese, shaved

- Combine the first 9 ingredients in a large bowl, and toss until well blended. Heat a medium 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.