

Chicken & Edamame with Brown Rice & Topped with an Orange-Citrus Dressing

Printer-Friendly Version

Ingredients:

¼ cup orange juice (may use freshly squeezed)
2 Tbsp. lime juice
1 Tbsp. canola oil
1 Tbsp. peeled and grated fresh ginger
Salt
2 grilled chicken breasts, sliced/diced
1 cup shelled edamame
1 large red bell pepper, diced
A small handful of cilantro, chopped (for garnish)
1 cup brown rice

Directions:

Cook the brown rice according to package directions.

In a medium bowl, add in the orange juice, lime juice, canola oil, and ginger. Whisk until combined. Sprinkle in salt to liking. Next, add in the chicken, edamame, and bell pepper, and stir around until well coated.

Lastly, spoon the mixture over the bed of brown rice and garnish with cilantro.