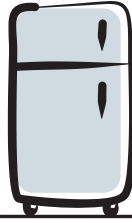


The
"Whatever's
In The Fridge"
cooking show.



Hosted by
Patchez Kennedy
in her own kitchen in
Mer Rouge, Louisiana



Edamame Brown Rice Bowl

Ingredients:

- 2-3 cups 4Sisters Organic Brown Rice, cooked
- 1 cup green onions, sliced
- ¼ cup rice vinegar
- 2 tbsp. orange juice
- 4 tsp. toasted sesame oil
- 1 tsp. soy sauce
- 4 cups edamame, shelled
- 1/3 cup sliced almonds, toasted

Directions:

To make the sauce: In a food processor, blend green onion, rice vinegar, orange juice, sesame oil, & soy sauce until smooth.

To serve, spoon equal parts brown rice & edamame into a bowl and drizzle a tablespoon or two of sauce. One serving is about 1/2 cup each of rice and edamame. Garnish with sliced, toasted almonds.

Serves 4-6

To Watch the show visit: 4SistersRice.com

