Edamame with Sweet Potatoes & Thai Curry served over Basmati Rice

Ingredients:
1 cup basmati rice
2 cups low–sodium vegetable broth
2 t. olive oil
3 cups shelled edamame
1 large sweet potato, cut into half–inch dice
½ T. red Thai curry paste
1 lime (juice of)
1 T. orange juice
1 t. black pepper (to taste)
2 t. olive oil

Preparation:
Cook the rice according to package directions, using vegetable broth. Heat 2 t. olive oil; sauté sweet potatoes until just tender; add edamame. Stir together the curry paste, lime juice, orange juice, pepper, and olive oil, and add the mixture to the vegetables; heat through. Serve over rice.

Nutrition Per Serving:
Calories  288 kcal
Fat        9 g
          Saturated Fat  1 g
          Monounsaturated Fat  3 g
          Polyunsaturated Fat  1 g
Cholesterol          0 mg
Sodium  180 mg
Potassium  146 mg
Carbohydrates  34 g
          Dietary Fiber  3 g
          Sugars  4 g
Protein       14 g
Vitamin A  117 %
Vitamin C  22 %
Calcium  27 %
Iron       26 %