

you like—or edamame-orzo salad (recipe follows).

PER SERVING 1,030 CAL., 71% (729 CAL.) FROM FAT; 57 G PROTEIN; 81 G FAT (35 G SAT.); 19 G CARBO (3.3 G FIBER); 521 MG SODIUM; 237 MG CHOL.

Dress it up

Edamame-orzo salad

Continuing in the spirit of East-West fusion, Italian orzo pasta is tossed with Japanese edamame for a simple side dish.

PREP AND COOK TIME 30 minutes

MAKES 4 servings

2 cups frozen shelled edamame

½ cup orzo pasta

¼ cup finely chopped red bell pepper

2 tbsp. walnut oil or vegetable oil

2 tbsp. fresh lemon juice

1 tsp. minced garlic

1 tsp. grated fresh lemon zest

½ tsp. coarse kosher salt

Cook edamame and orzo according to package directions; drain. Combine edamame, orzo, bell pepper, oil, lemon juice, garlic, lemon zest, and salt. Refrigerate until ready to serve.

PER SERVING 210 CAL., 43% (90 CAL.) FROM FAT; 8.9 G PROTEIN; 10 G FAT (0.7 G SAT.); 22 G CARBO (3.5 G FIBER); 248 MG SODIUM; 0 MG CHOL. ■