

Peanut butter edamame stir-fry

FOR



POST-RUN HUNGER

BENEFITS

- HIGH-CARB TO REPLENISH
- MODERATE-PROTEIN TO REPAIR MUSCLES
- EASY TO MAKE

INGREDIENTS

For the stir-fry:

- 2 tablespoons extra virgin olive oil
- 1 cup sliced carrots
- 2 cups broccoli florets
- 2 cups sugar snap peas
- 2 cups cooked and shelled edamame
- 2 cups cooked brown rice
- Chopped peanuts and fresh herbs for serving (optional)

For the peanut sauce:

- $\frac{1}{4}$ cup creamy peanut butter
- 1 tablespoon honey
- 1 tablespoon soy sauce
- Juice of 1 lime
- 3 cloves garlic, minced
- Water as needed for thinning



Directions

Heat the olive oil in a large skillet over medium heat. Cut up the vegetables.

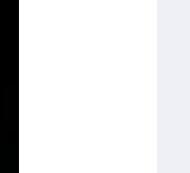
Add the carrots, broccoli, and snap peas to a large frying pan. Season with salt and pepper to taste. Cook until tender and slightly browned (about six to eight minutes).

In the meantime, prepare the sauce by whisking together all of the ingredients in a small bowl. Add water, a tablespoon at a time, until the sauce is your desired consistency.

Add the edamame to the pan, along with the peanut sauce. Feel free to reserve some peanut sauce for serving if desired. Cook for a few more minutes, stirring occasionally until warmed through.

Serve the stir-fry over brown rice, topped with extra sauce, chopped peanuts, and/or fresh herbs.

Enjoy!



To cut back on prep time even more, consider making the peanut sauce and rice in advance. For your personal protein preference, you can sub chicken, beef, or tofu for the edamame.