Vegetable Paella with Artichokes & Edamame

Paella (pronounced pie-Á-ya) is a popular dish in Spain. This version features a spectrum of vegetables and green soybeans called edamame (pronounced ed-a-MA-may). See tip on the back page for more information.

1 T. olive oil
1 onion, chopped
3 cloves garlic, chopped
1 tsp. turmeric
2 cups reduced-sodium chicken broth
1 cup water
1 cup long grain brown rice
1 yellow squash, chopped
1 zucchini, chopped
2 Roma tomatoes, chopped
1 green pepper, chopped
freshly ground pepper to taste
14 oz. can water-packed artichoke hearts, drained and chopped
1 cup cooked navy beans
1 cup frozen edamame or peas, thawed

Directions:
1. Warm olive oil in a large pot over medium-high heat. Add onion; cook 4 minutes. Add garlic and turmeric; cook 1 minute. Add broth and water; bring to a boil. Add rice, lower to medium heat, cover, and simmer 30 minutes. Add squash, zucchini, tomatoes, green pepper, salt, and pepper; stir, cover, and cook 5 minutes. Add artichokes, navy beans, and edamame; cook 5 minutes to heat through.

Nutrition information (per ¼ recipe): 406 calories, 19 g protein, 8 g fat, 1 g saturated fat, 66 g carbohydrates, 12 g fiber, 0 mg cholesterol, 462 mg sodium

1 serving equals: 1 whole grain, 1 protein/dairy, 4 vegetable, 1 fat
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Shopping List

Produce Section
- 1 yellow squash, chopped
- 1 zucchini, chopped
- 2 Roma tomatoes, chopped
- 1 green pepper, chopped
- 1 onion, chopped
- 3 garlic cloves, chopped

Dry Goods Section
- 1 cup long grain brown rice
- 1 package dried navy beans prepared ahead or 1 (15 oz.) can navy beans (see tip #1)
- 14 oz. can water-packed artichoke hearts
- 2 cups reduced-sodium chicken broth
- 1 T. olive oil
- 1 tsp. turmeric (see tip #2)

Freezer Section
- 10 oz. package of frozen shelled edamame or peas (see tip #3)

Smart Shopper Tip #1:
Since canned beans tend to be a little high in sodium, drain and rinse them well to reduce the sodium content. Another option is to cook dried beans with very little salt. They can be drained and refrigerated or frozen for later use.

Smart Shopper Tip #2:
Turmeric is a spice that is typically found in curry powder. It has a mild flavor and contributes a beautiful orange hue to this dish.

Smart Shopper Tip #3:
Edamame are delicious green soybeans that are a great source of plant protein. They are an inexpensive alternative to meat. Look for shelled edamame in the natural foods freezer section. If you can’t find them, substitute frozen peas.

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