



Squash and Brown Rice Primavera



Recipe Courtesy Chef Bryn Woolley

Serves 6

Prep time 15 min.; cook time 10

- 2 medium zucchini (about 10 inches)
- 2 yellow squashes (about 10 inches)
- 3 cups cooked, cold brown rice
- 2 garlic cloves, minced
- ½ tsp ground pepper
- ¼ cup water
- 1 large tomato, chopped and seeded
- ¼ cup fresh basil, chopped
- ¼ cup chopped Italian parsley
- ¼ cup fresh grated parmesan cheese

1. Quarter zucchini and squashes lengthwise and then cut crosswise into ½ inch pieces.
2. Put rice in large bowl, gently breaking up any clumps.
3. Coat a not-stick skillet with cooking spray and heat to medium high. Add garlic and sauté for 30 seconds.
4. Add zucchini and squash and pepper and cook for about 3 minutes. Stir in water, cover and cook until vegetables are tender – about 3 minutes.
5. Uncover and add rice. Cook, stirring constantly, until heated through. Stir in remaining ingredients. Serve immediately.

Nutrition Facts

Serving Size: 1/6 recipe

Calories	170
Total Fat	3.5g
Saturated Fat	1g
Cholesterol	5mg
Sodium	100mg
Carbohydrates	30g
Dietary Fiber	5g
Protein	7g

Diabetic Exchanges

Protein	1
Carbohydrates	2
Fat	1

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