

# Squash and Brown Rice Primavera

Recipe courtesy Chef Bryn Woolley

Serves 6

Prep time 15 min.; cook time 10 min



2	medium zucchini (about 10 inches)
2	yellow squashes (about 10 inches)
3 cups	cooked, cold brown rice
2	garlic cloves, minced
1/2 tsp	ground pepper
1/4 cup	water
1	large tomato, chopped and seeded
1/4 cup	fresh basil, chopped
1/4 cup	Italian parsley, chopped
1/4 cup	fresh grated Parmesan cheese

1. Quarter zucchini and squashes lengthwise and then cut crosswise into 1/2 inch pieces.
2. Put rice in large bowl, gently breaking up any clumps.
3. Coat a non-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	3.5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	100mg
Carbohydrate	30g
Dietary Fiber	5g
Protein	7g

### **Diabetic Exchanges**

Protein	1
Carbohydrate	2
Fat	1