

Brown Rice with Zucchini and Mushrooms

- 2 cups low-sodium, fat-free broth (chicken, beef, or vegetable)
- 1 cup brown rice
- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 2 medium zucchini, halved lengthwise and sliced, about 3 cups
- 8 ounces sliced mushrooms
- 3 tablespoons chopped fresh Italian parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



1. Cook brown rice in broth as directed on the package. Add no salt or butter during cooking of the rice.
2. While rice cooks, heat oil in a large skillet. Sauté onions over medium heat 5 minutes, stirring often, until onions become translucent. Add garlic and stir for 1 minute.
3. Add zucchini and mushrooms. Raise heat to high and continue to sauté until squash just begins to brown in spots.
4. Lower heat and add cooked rice and remaining ingredients. Cook, stirring often, for 3 to 5 minutes.

Serves 6 (1 cup per serving)

Nutrition Facts		
Servings per recipe: 6		
Calories 182	Calories from fat 27	
	% Daily Value	
Total Fat 3g		5%
Saturated Fat 1g		3%
Cholesterol 0mg		0%
Sodium 357mg		15%
Carbohydrate 31g		10%
Dietary Fiber 2g		9%
Protein 8g		16%
Vitamin A: 6%	Vitamin C: 19%	Folacin: 10%
Calcium: 4%	Iron: 11%	Potassium: 14%

Modified from original source: www.aicr.org
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