



NUTRITION CONSULTING INC.

## Colourful Rice Pilaf

*Add chickpeas, beans, or diced firm tofu to make this a balanced vegetarian dish!*

### Makes 6 servings

#### What you need:

2 cups vegetable or chicken broth  
1 cup long grain rice  
2 tsp olive or canola oil  
1 onion, chopped  
1 green pepper, chopped  
1 red pepper, chopped  
1 clove garlic, crushed  
1 zucchini, chopped  
1/2 cup frozen kernel corn  
1/2 cup mushrooms, chopped  
1/2 tsp dried basil  
Salt & pepper to taste



#### How you prepare:

Bring broth to a boil (or boil 2 cups water and add broth powder). Add rice and simmer for 20 minutes, covered. In the meantime, sauté onions, peppers and garlic in a large greased skillet. After a few minutes, add zucchini and mushrooms and continue to sauté until slightly soft. Add corn kernels, cover and let stand 5 minutes to heat through. Combine rice and veggie mixture, add basil and season to taste. Reheats well.

#### Per serving;

Calories: 206  
Carbohydrates: 37g  
Protein: 8g  
Fat: 3g  
Fibre: 3g

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