



Vegetable Rice Pilaf

(Makes 4 servings)

Ingredients:

- 1 14.5 oz. can of low-sodium chicken broth
- 1 medium onion, chopped
- 1/2 cup dry lentils, drained and rinsed
- 1/2 cup long grain rice, uncooked
- 1/4 cup water
- 1 teaspoon lemon zest
- 1 1/2 cups zucchini and/or yellow summer squash
- 1 medium carrot, chopped
- 1/2 small eggplant, peeled and diced
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 3 plum tomatoes, chopped
- 1/4 cup fresh basil, shredded

Directions:

1. In a medium saucepan, combine broth, onion, lentils, rice, water and lemon zest. Bring to boil then reduce heat and simmer, covered for 15 minutes.
2. Add zucchini and/or squash and carrot and simmer for an additional 5 minutes.
3. In a medium skillet, cook eggplant and garlic in olive oil over medium heat until eggplant is soft (about 8-10 minutes.)
4. Remove lentil mixture from heat and let stand for 5 minutes.
5. Stir in eggplant mixture, tomatoes and basil.
6. Sprinkle with Parmesan cheese as desired.

NUTRITION FACTS: Serving Size: 1/4 of recipe (243 g) Servings Per Recipe: 4
Amount per serving: Calories 238/Calories from fat 28 Total Fat 3 g/
Saturated Fat 0 g/ Cholesterol 0 mg Sodium 28 mg

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