

Zucchini Sauté



- 1 tablespoon of extra lite olive oil
- 1 onion sliced
- 2 tomatoes, chopped
- 2 pound zucchini, peeled and cut into 1 inch thick slices.
- 1 green bell pepper, chopped
- salt to taste(Himalayan Pink)
- ground black pepper to taste
- 1/4 cups uncooked instant brown rice
- ½ cup water
- Add all ingredients to list

Directions



Prep
20 minutes

Cook
25 minutes

Ready in
45 minutes

1. Heat oil in a sauté pan over medium heat. Add onion, and cook and stir 3 minutes. Add tomatoes, zucchini, and green pepper. Stir. Season to taste with salt and black pepper. Reduce heat, cover and simmer for 5 minutes.
2. Stir in rice and water. Cover, and cook over low heat for 20 minutes.