

Summer Veggie Rice Bowl

Adapted from Cooking Light (July 2012)

Recipe type: main dish

Serves: 4

Time: 20 minutes

Note: This is a highly adaptable recipe; feel free to use whatever grains and vegetables you have available to you.



Ingredients

- 1 1/3 cups cooked brown rice, cooled to room temperature*
- 1 cup grape tomatoes, halved
- 1/2 cup torn fresh basil (optional)
- 1/4 cup sunflower seeds, toasted (optional)
- 2 teaspoons grated lemon rind
- 3 tablespoons fresh lemon juice
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- 1 cup green beans**
- 2 cups chopped zucchini***
- 1/2 ounce parmesan cheese, grated

Directions

1. Combine the rice, tomatoes, basil, sunflower seeds, grated lemon rind, lemon juice, salt, and pepper in a large bowl, and toss until well combined.
2. Heat 1 tablespoon olive oil in a medium skillet over medium-high heat. Add zucchini and green beans; sauté 4 minutes, stirring occasionally. Add zucchini and green beans and remaining 2 tablespoons oil to rice mixture; toss to combine. Top with parmesan cheese.

*May substitute white rice, quinoa, orzo, etc.

**May substitute any type of cooked beans (soy, kidney, black, pinto, etc.)

***May substitute or add any type of summer squash, eggplant, broccoli, brussel sprouts, kale, etc.