

## **Zucchini Rice Pilaf**

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Simple&Delicious Magazine - December 2011/ January 2012

**Servings: 4**

**Start to Finish Time: 25 minutes**

**1/2 teaspoon dried basil**

**2 tablespoons butter**

**2 1/4 cups hot water**

**1 1/4 teaspoons chicken bouillon granules**

**1 cup uncooked long grain rice**

**1/2 cup carrot, shredded**

**1 small zucchini, halved and thinly sliced**

In a large skillet, saute' the basil in butter for 2 minutes.

Stir in the water and bouillon. Bring to a boil.

Add the rice and carrot. Reduce heat. Cover and simmer for 10 minutes.

Stir in the zucchini.

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Per Serving (excluding unknown items): 67 Calories; 6g Fat (76.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 186mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.