



Zucchini Asparagus Brown Rice (OP W)

Serving: 1

Veg

Ingredients

- -1 tsp oil
- -1 onion, chopped
- -10 spears fresh asparagus, trimmed and cut in to pieces
- -1 zucchini, sliced
- - $\frac{1}{2}$ teaspoon dried oregano
- - $\frac{1}{2}$ teaspoon dried basil
- - $\frac{1}{4}$ teaspoon dried thyme
- - $\frac{1}{4}$ teaspoon garlic powder
- -1 pinch cayenne pepper
- -salt and pepper to taste
- -1 cups water
- -3 tbsp uncooked Brown rice

Preparation Method

- -In a medium saucepan over medium heat, oil and saute the onion for about 2 minutes. Stir in asparagus and zucchini, and saute 5 minutes, or until tender. Season with oregano, basil, thyme, garlic powder, cayenne pepper, salt, and pepper. Cook and stir until vegetables are coated with the seasonings.
- -Pour water into the vegetable mixture, and stir in rice. Reduce heat, cover, and simmer 10 minutes or until the rice is tender.