

Wild Rice Pilaf with Squash and Herbs

Ingredients

- 1 cup wild rice
- 2 ¼ cups low-sodium vegetable broth, divided
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 cup diced yellow squash
- 1 cup diced zucchini
- ¼ cup chopped fresh parsley
- 2 tbsp nutritional yeast
- 1 tbsp finely chopped fresh oregano
- 2 tsp freshly grated lemon zest
- ¼ tsp ground black pepper



Instructions

1. If possible, soak wild rice in cold water overnight to reduce cooking time.
2. Bring 1 ¾ cups broth to a boil in a medium pot. Stir in rice. Reduce heat to low, cover and cook 15 to 20 minutes or until tender. (If rice is not pre-soaked, add ¾ cup water to broth and increase cooking time to about 40 minutes.)
3. Heat a large skillet over medium heat until hot. Add onion and garlic and cook 3 to 4 minutes or until beginning to stick to skillet. Stir in ¼ cup broth and continue to cook 3 to 4 minutes or until onion is translucent. Stir in remaining broth, squash and zucchini and cook about 8 minutes longer or until vegetables are tender. Stir in parsley, nutritional yeast, oregano, lemon zest, pepper and cooked rice until evenly blended.
4. Remove from heat and serve warm or cold.

Source: Tracy Marsden

