

# Garden Medley Rice

1 garlic clove  
2 tablespoons olive oil  
¼ cup frozen or fresh chopped onion  
3 cups assorted fresh vegetables, such as broccoli florets, shredded carrots, sliced celery, chopped red pepper  
1 package (10 ounces) frozen green peas  
Salt and pepper to taste  
3 cups vegetable broth  
2 cups instant rice  
2 teaspoons fines herbes or herbes de Provence  
½ cup shredded Parmesan cheese

1. Mince the garlic.
2. Heat the olive oil in a large nonstick saucepan over medium heat until hot. Add the garlic and onion and cook, stirring, for 2 minutes. Add the mixed vegetables and season with salt and pepper. Cook, stirring often, for 2 minutes.
3. Add the vegetable broth, cover, and bring to a boil over high heat. Reduce the heat to medium, keep covered and simmer for 5 minutes, or until vegetables are tender.
4. Stir the rice and the herbs into the vegetable mixture until well combined. Cover the pan, remove it from the heat, and let stand 5 minutes.

1. Fluff the rice mixture with a fork and season it with salt and pepper. Transfer it to a large serving bowl and sprinkle it with the Parmesan. Place the bowl, with serving bowls, on the table.

F.Y.I: Give this an Asian touch, with a few tablespoons of soy sauce and a drizzle of sesame oil. Omit the cheese and garnish with chopped peanuts.

Nutrition Information Per Serving:  
Serves 4  
Single serving is ¼ of the total recipe  
Calories 310  
Protein 12g  
Carbs 41g  
Total Fat 12g  
Sat Fat 3g  
Cholesterol 13mg  
Sodium 313mg  
Fiber 1g

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