



# LOCAL FOOD OLYMPICS

## Rice with Summer Squash

Contributed by Knox Singleton

### Ingredients

- 1 cup chopped carrots
- ½ cup chopped onion
- 1 tablespoon butter
- 1 cup reduced-sodium chicken broth or vegetable broth
- 1/3 cup uncooked long grain rice
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 medium yellow summer squash, chopped
- 1 medium zucchini, chopped

### Instructions

In a large saucepan coated with cooking spray, cook carrots and onion in butter until tender. Stir in the broth, rice, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 13 minutes.

Stir in yellow squash and zucchini. Cover and simmer 6-10 minutes longer or until rice and vegetables are tender. Serve and enjoy.