

Summer Squash Pilaf

Swick

Serves 1 | Active Time: 30 minutes | Total Time:

Step 1: Make the Pilaf

- 1 1/2 cups whole-wheat orzo pasta (≈3 3/4 cups cooked)
 - 3 1/3 cups low-sodium vegetable broth (divided)
 - 1 1/2 tablespoons dried dill (divided)
 - 3 yellow squash, sliced (≈3 cups)
 - 3 zucchini, sliced (≈3 cups)
 - 1 1/2 tablespoons fresh lemon juice (or more to taste)
 - freshly ground black pepper
 - 2 teaspoons onion granules
 - 1-2 cloves garlic, minced
 - Sea salt to taste (optional)
- Combine orzo, 3 cups low-sodium vegetable broth and half the dill in a saucepan and cook over medium heat, stirring frequently, until most of the liquid has been absorbed, about 15 minutes. Drain well.
- PREPARE PRODUCE**
Meanwhile, slice squash and zucchini. Juice lemon.
- COOK VEGETABLES**
Combine remaining 1/3 cup low-sodium vegetable broth, squash, zucchini, minced garlic, onion granules and remaining dill in a skillet over medium-high heat and simmer until tender.
- ASSEMBLE & SERVE**
Combine warm rice with squash-zucchini mixture in a bowl and toss to combine. Season with lemon juice, additional dill, salt and black pepper to taste. Serve hot.