

Cheesy Zucchini Rice

Yield: Serves 4-6 as a side dish

Ingredients

- 1 cup long-grain white rice
- 2 cups low-sodium chicken broth
- 1 medium or 2 small zucchini, grated on a box grater or with a food processor (no need to peel beforehand)
- 1 cup shredded sharp cheddar cheese
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 1-2 tablespoons milk, if needed



Directions

1. In a medium saucepan, combine the rice and chicken broth. Bring the mixture to a boil, reduce the heat, cover and let the rice simmer for 15-20 minutes until the rice is tender and most of the liquid has been absorbed.
2. Remove the rice from the heat and stir in the grated zucchini, cheese, and garlic powder. Add salt and pepper to taste (don't skip this step - I needed at least 1/2 to 1 teaspoon of salt to boost the flavor).
3. Add a tablespoon or so of milk to adjust the texture if needed. Serve warm.