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### **Creamy Zucchini Brown Rice**

**Ingredients:**

- 1 tbsp extra virgin olive oil
- 1/2 cup sliced zucchini
- 1 cup sliced mushrooms
- 2 sliced chives
- 1/4 cup sliced onion
- 2 cups cooked brown rice
- 1 tsp onion flakes
- 1 tsp minced garlic
- 1/8 cup low-sodium chicken broth (for moisture as needed)
- 1/4 cup Greek yogurt

**Directions:**

1. Heat oil in a large skillet on medium-high heat.
2. Once oil is hot, add vegetables and garlic, and lightly stir-fry until tender.
3. Add pre-cooked brown rice and sauté for 3-5 minutes, stirring constantly.
4. If mixture looks dry, stir in some low-sodium chicken broth.
5. Stir in Greek yogurt and serve immediately.