



## Cheesy Rice Primavera

Adapted from “Mock Risotto Primavera” from *Moosewood Restaurant Cooking for Health* by The Moosewood Collective

This recipe is a great main course, especially when served with a crunchy side, such as a chopped salad or apple slices.

### Ingredients:

- 1 Tablespoon olive oil
- 1 large onion, diced
- 2 Tablespoons minced garlic
- 2 cups instant brown rice
- 3 cups vegetable broth\*
- 5 cups mixed vegetables, fresh or frozen (we like carrots, bell peppers, green beans, broccoli)
- 4 oz. Neufchatel or low-fat cream cheese
- ¼ cup grated parmesan cheese
- Salt and black pepper

\* If using frozen vegetables, use only 2 ½ cups of broth

### Directions:

1. In a large saucepan over medium-high heat, warm the olive oil. Add the onions and cook for a couple minutes. Add the garlic and rice, stirring until the rice is coated with oil. Pour in the broth, cover, and cook on medium-high heat for 5 minutes.
2. Add the mixed vegetables, allowing them to sit on top of the rice, and continue cooking, covered, for another 5 minutes. Stir everything together, making sure any frozen vegetables are thoroughly cooked. Add the cream cheese and parmesan cheese, stirring until the cheese is melted.
3. Remove from heat, adding salt and pepper to taste. Allow to sit for a couple minutes, until the sauce is slightly thickened.
4. Enjoy with your family!