

Pecan Vegetable-Rice Medley
By Dorothy Zehnder

2 tablespoons vegetable oil, divided
1 cup pecan halves
2 cups fresh green beans, cut in 1-inch pieces
1 medium sweet red pepper, cut in strips
1 cup broccoli florets
¼ cup celery, chopped
3 tablespoons onion, chopped
1 small zucchini, sliced
1 small yellow summer squash, sliced
1 cup mushrooms, sliced
1 cup snow peas
3 tablespoons chicken broth or water
⅛ cup sherry wine (optional)
1 teaspoon salt
½ teaspoon pepper
3 cups cooked brown rice (2 cups raw)
2 teaspoons Bavarian Style German Seasoning (or Italian seasoning)
¼ cup fresh parsley, minced

In a large skillet, heat 1 tablespoon oil; add pecans. Cook and stir for 3-4 minutes or until lightly toasted; remove and set aside for garnish. In the same skillet, heat the remaining oil. Add green beans, red pepper, broccoli, celery and onion; stir-fry for 1 minute. Add zucchini, yellow squash and mushrooms; stir-fry 2 minutes longer. Add snow peas, broth, wine, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 3 minutes or till vegetables are crisp-tender. In a large bowl, toss the rice, German seasoning and parsley. Serve vegetables over the rice; garnish with toasted pecans.

Makes 6 servings

***Note from Dorothy – This is a very good dish that incorporates so many garden items. I enjoy making it with my grandchildren, educating them on the many different vegetables that make up this tasty dish.*