

## Herbed Brown Rice Pilaf



### Ingredients:

4 cups cooked brown rice  
3 cloves garlic, finely minced  
2 large carrots, peeled and grated  
1 red bell pepper, finely chopped  
1 yellow bell pepper, finely chopped  
1 yellow onion, finely chopped  
1/4 cup fresh basil, thinly sliced into ribbons  
1/4 cup fresh parsley, finely chopped  
2 tablespoons olive oil  
2 tablespoons fresh lemon juice  
2 tablespoons fresh lemon rind, grated  
Kosher salt  
Freshly ground black pepper

### Directions:

- 1) Heat the olive oil in a deep sauté pan over medium-high heat.
- 2) Add the carrot, bell pepper, and onion, and sauté for about 5 minutes until the vegetables begin to soften.
- 3) Add the garlic and the fresh herbs to the pan, and cook for 1 minute until fragrant.
- 4) Stir the rice, lemon rind and juice into the pan and season the dish with the salt and pepper. Serve hot.