
BEANS, RICE, & SKILLET VEGGIES

- 1 cup uncooked white rice
- 1 teaspoon salt, divided use
- 1 (15-oz) can navy beans or kidney beans, rinsed and drained
- ¼ teaspoon black pepper, divided use
- 2 tablespoons canola oil
- 2 medium onion, cut in ¼-inch thick wedges
- 2 medium zucchini, quartered lengthwise and cut into 2-inch long pieces

1. Bring 2 cups water to a boil in a large saucepan over high heat, stir in the rice and 1½ teaspoon salt, return to a boil, reduce heat to medium low, cover and cook 15 minutes or until rice is just tender. Remove from heat. Stir in the beans and ⅛ teaspoon pepper.
2. Meanwhile, heat the oil in a large skillet over medium-high heat, cook the onion 5 minutes or until beginning to richly brown on edges, stirring occasionally. Stir in the zucchini, cook 5 minutes or until just tender, stirring occasionally. Remove from heat, stir in the remaining salt and black pepper.
3. Serve over rice mixture.

Serves 4: 1 cup rice mixture and ¾ cup zucchini mixture per serving. Recipe Provided by *Nancy Hughes*.

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