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Recipes

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A program implemented at the McAuley House meal site to improve the health of those served through healthy and nutritious foods.

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Zucchini or Summer Squash with Tomato and Brown Rice

5 cups extra virgin olive oil
50 cups zucchini or summer squash cut into thin slices or pieces (about 25 pounds)
50 cups canned, chopped tomato (plain or with spices)
75 cups cooked brown rice

Optional: ¼ cup fresh basil leaves or flat parsley

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Stir in the zucchini or summer squash; season with salt. Cook 3 to 5 minutes or until the vegetable is soft.

Add the tomatoes; season with salt. Cover the pan and cook 3 to 5 minutes.

If using basil or parsley, tear the leaves into small pieces and add to the rice. Stir the cooked vegetables into the rice and serve.

Calories per serving: 550

50 servings

Serving size: approximately 2 ½ cups





www.HealingFoodsProject.org

