

Aromatic Basmati Rice Pilaf with Baby Pattypan Squash

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-lemon-basil-chinese-recipe>

Ingredients:

- 6 ounces baby pattypan squashes
- 2 cloves garlic
- 2 sprigs lemon basil
- 2 sprigs mint
- 2 tablespoons almonds
- 1 avocado
- 1 lemon
- 1 onion
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1/2 teaspoon nigella seeds
- 1 cup basmati rice
- 1 cup vegetable broth
- 1/2 cup plain nonfat Greek yogurt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 60 grams
3. Fat: 10 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 260 milligrams
8. Sugar: 8 grams

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