

Garlic Grilled Pattypan with Chia Brown Rice

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italia-gardens-lemon-basil-alfredo-recipe>

Ingredients:

- 3 heads garlic or 12 unpeeled cloves
- 1/2 cup olive oil
- 1/4 cup white wine vinegar
- 2 teaspoons Dijon mustard
- 1 1/2 teaspoons raw honey
- 1 tablespoon lemon basil minced
- sea salt
- cracked black pepper Fresh
- 3 cups brown rice
- 2 tablespoons chia seeds
- 4 pattypan squash 2-3", sliced
- 2 bell peppers sweet, cut into sections

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 128 grams
3. Fat: 34 grams
4. Fiber: 9 grams
5. Protein: 15 grams
6. SaturatedFat: 6 grams
7. Sodium: 210 milligrams
8. Sugar: 4 grams

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