

Eat Smart • Move More

Chicken Broccoli Rice Dinner

Prep Time: 20 minutes

Total Time: 1 hour 20 minutes



Ingredients

- 1 teaspoon canola oil
- 1 onion, diced
- 3 cups water
- 3 low-sodium bouillon cubes
- 1 ½ cups brown rice
- 1 tablespoon salt-free seasoning
- 6 boneless skinless chicken thighs, cooked
- 10 ounces frozen broccoli, thawed and cooked
- 2 cups reduced fat cheddar cheese, grated

Nutrition Facts

6 servings per container	
Serving size	1 serving (387.55g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 560mg	24%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 37g	
Vitamin D 0mcg	0%
Calcium 329mg	25%
Iron 2mg	10%
Potassium 293mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

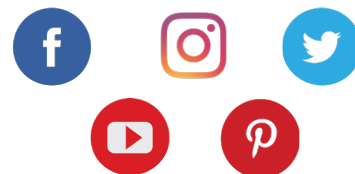
Directions

- Pour oil in a saucepan and heat to medium heat. Add onion and cook until tender.
- Add water and bouillon cubes to the saucepan and bring to a boil. Stir in rice and seasoning and cover. Reduce heat to low and cook for 50-60 minutes until rice is cooked.
- While rice is cooking, cook broccoli according to package directions.
- Chop chicken into bite-sized pieces. Set aside.
- When rice is done, add chicken, broccoli, and cheese to saucepan. Slowly heat until cheese is melted.

Quick Tips

- ▶ Salt-free seasoning can be replaced with Italian seasoning or other herbs or spices.
- ▶ Fresh broccoli can be used in place of frozen broccoli.
- ▶ You can add other vegetables, like garlic, bell peppers, or carrots.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: <https://realhousemoms.com>.)

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