

# 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
- 1 cup reduced fat cheddar cheese, grated

### 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.

### Nutrition Facts

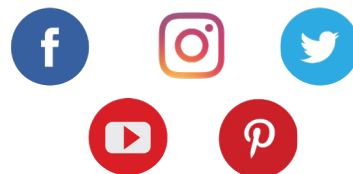
6 servings per container	
<b>Serving size</b>	<b>1 serving (401.65g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>440</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 155mg	<b>52%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 40g	
Vitamin D 0.1mcg	0%
Calcium 200mg	15%
Iron 2.3mg	15%
Potassium 640mg	15%

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

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

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