

RICE

Cheesy Chicken & Rice

Prep time: 40 min. (including 30 min. for baking)

Makes: 10 servings

Ingredients:

- 18 ounces brown rice, dry
- 12 ounces shredded chicken, cooked
- 1 pound broccoli florets, fresh or frozen
- 1 quart milk
- ¼ cup corn starch
- 10 ounces cheddar cheese, shredded
- 2 tablespoons onion powder
- 1 ½ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

Instructions:

- Preheat oven to 350 degrees.
- Cook chicken completely. Once cooled, shred with a fork. Set aside.
- Steam rice according to package instructions. Set aside.
- Combine milk and corn starch, bring to a boil while stirring, then reduce heat to a simmer.
- Add cheese, and all spices. Simmer and stir until all cheese is melted.
- Stir in cooked rice, cooked chicken, and broccoli. Mix well and then transfer to a casserole dish.
- Cover with foil and bake for 20-25 minutes, or until dish is heated all the way through. .

Serving Suggestion:

Serve with a green side salad and a cup of sliced fruit

