



## CHEESY CHICKEN, BROCCOLI, RICE BAKE

### **MATERIALS:**

Sharp Knife  
Cutting Board  
Medium Saucepan  
Whisk  
13x9 pan  
Measuring cups and spoons

### **INGREDIENTS:**

3 tablespoons oil  
1 medium yellow onion, chopped  
5 cloves garlic, minced or ½ tsp garlic powder  
6 tablespoons flour  
3 1/2 cups chicken stock or water  
1/2 teaspoon Italian seasoning  
2 lbs chicken breasts cooked and diced into bite-size pieces  
3 cups cooked brown rice  
1-2 large heads of broccoli, cut into florets  
2-3 cups shredded cheese  
½ tsp salt  
¼ tsp pepper

**Serves:** 6

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## DIRECTIONS:

1. Preheat oven to 400° F. Heat oil in a medium saucepan over medium heat. Add chopped onion and cook until very soft, about 5-10 minutes. Add garlic, stirring constantly for 1 minute.
2. Sprinkle flour over onion mixture and cook about 5 minutes, stirring constantly, until flour is cooked and mixture is a strong yellow color. Add stock or water and whisk to combine. Bring to a boil, then reduce heat to a simmer. Cook for 5-10 minutes, or until mixture is thickened. Stir in Italian seasoning, salt and pepper. Reduce heat and stir in 1 cup cheese. Whisk until very well combined and remove from heat.
3. In an ungreased 13x9" pan, combine chicken, brown rice, and broccoli then pour sauce over. Stir until combined. Sprinkle remaining cheese over top. Bake uncovered for 20 minutes, or until a fork easily pierces a piece of broccoli. Remove from oven and let stand 5 minutes before serving.

## Chef's Notes:

- Use fresh or frozen broccoli for this recipe. You can also substitute other veggies such as spinach or peas.
- Try using other grains such as cooked whole wheat pasta or barley instead of brown rice.
- If you don't have time to make the sauce, you could substitute a low sodium, cream soup.