

Cheesy Chicken, Broccoli and Rice Bake

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 5 cups **water**
- 2 1/2 cups **rice**
- 1/4 cup chopped **onion**
- 1 clove **garlic**, chopped
- 1 cup **skim milk**
- 1 10.75-can condensed 98% fat-free **cream of mushroom soup**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 2 cups shredded, cooked **chicken**
- 2 cups **broccoli** pieces
- 3/4 cup grated **cheddar cheese**

Directions:

1. Preheat oven to 350° F.
2. In large saucepan bring water to boil.
3. Add rice, onion, and garlic; cook for about 20 minutes or until rice is soft.
4. While rice is cooking combine milk, soup, salt, and pepper, mix well.
5. When rice is done combine with milk mixture, chicken and broccoli, mix well.
6. Grease 9 x 13 pan and pour mixture into pan.
7. Bake in the preheated oven for 18 minutes.
8. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted.
9. Serve immediately.

Bright Ideas:

Nutrition Facts	
Serving Size 1 cup (212g)	
Servings Per Container 12	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 380mg	16%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 11g	
Vitamin A 10%	• Vitamin C 20%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

12 servings, 1 cup each

Source: Emilee Hugie, OSU Extension, Warm Springs Indian Reservation. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>