

Chicken, Broccoli, and Brown Rice Dinner

Ingredients:

- 1 onion
- 1 teaspoon vegetable oil
- 3 cups water
- 1 1/2 cups brown rice, medium-grain
- 3 boneless, skinless chicken breasts, cooked and diced
- 10 ounces broccoli, frozen, thawed and cooked
- 8 ounces cheddar cheese, low-fat

Equipment:

- Cutting board
- Knife
- Medium saucepan with lid
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 1 hour, 20 minutes

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
2. Pour oil in medium sauce pan and heat to medium high. Add onion and cook until tender.
3. Add water to saucepan, and bring to a boil. Stir in brown rice. Bring to a boil again, cover. Reduce heat to low and cook for one hour.
4. While rice is cooking, cook broccoli according to package directions. Set aside.
5. Chop chicken in bite size pieces. Set aside. Use a grater to grate cheese into small pieces. Set aside.
6. When rice is done, add chicken, broccoli, and cheese to saucepan. Slowly heat until cheese is melted.

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Nutrition Facts			
Serving Size: 1 1/2 cups			
Servings: 6			
Amount Per Serving			
Calories	283	Calories from Fat	36
		%Daily Value*	
Total Fat	4g		6%
Saturated Fat	1g		7%
Cholesterol	31mg		10%
Sodium	129mg		7%
Total Carbohydrate	40g		13%
Dietary Fiber	3g		10%
Protein	21g		41%
Vitamin A	21%	Vitamin C	47%
Iron	9%	Calcium	13%
*Percent Daily Values are based on a 2,000 calorie diet.			

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