

Cheesy Chicken Broccoli Rice Bake
RECIPE

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TIME 45 Minutes
INGREDIENTS 9 items
MAKES 4 servings

This comforting recipe for Cheesy Chicken Broccoli & Rice Bake is like a warm hug from mom. It brings all the goodness of a childhood classic together with wholesome whole grains, two servings of vegetables, and just enough cheese to keep everyone happy.

INGREDIENTS

- 2 medium chicken breasts, boneless, skinless, cut in 1" chunks
- 4 cups broccoli florets and stems, cut into bite-sized pieces
- 2 Tbsp olive oil
- 2 pouches Ben's Original Whole Grain Brown Rice
- 1/2 tsp black pepper
- 2 cups cheddar cheese, reduced fat, grated and divided
- 1 cup low-fat milk or unsweetened milk alternative
- 2 cloves garlic, minced

- 1/2 cup panko bread crumbs

INSTRUCTIONS

1. Preheat oven to 400°F. Line a large, rimmed baking sheet with parchment.
2. Toss chicken and broccoli with olive oil in a mixing bowl until lightly coated on all sides. Sprinkle with a pinch of salt and arrange on lined baking sheet in a single layer. Bake for about 20 minutes, until the broccoli and chicken are cooked.
3. Tear the corners of rice pouches to vent and place both pouches into the microwave together for 2 1/2 minutes. Add hot rice to a mixing bowl and stir together with black pepper, cheese, garlic, and milk; stir until the cheese and milk are evenly incorporated in the rice.
4. Pour the cheesy rice into a baking dish with the roasted chicken and broccoli and stir to incorporate. Sprinkle the breadcrumbs over the top. Bake, uncovered, for 20 minutes or until bubbly and the top is golden brown.

NUTRITION

- CALORIES: 550
- TOTAL FAT: 17g - 28%
- TRANS FAT: 0g
- SODIUM: 520mg - 23%
- TOTAL CARBOHYDRATES: 58g - 18%
- DIETARY FIBER: 4g - 14%
- TOTAL SUGARS: 5g
- PROTEIN: 39g

Categories:

Family-Friendly, Gluten Free, Healthy Options

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