

# Cheesy Chicken Broccoli Bake

**Makes:** 6 Servings

## Ingredients

**6 ounces** chicken, diced  
**1 1/2 cups** Broccoli, raw  
**8 1/4 ounces** Long grain, brown rice  
**1 1/2 cups** onions, raw  
**2 teaspoons** cumin, ground  
**1 teaspoon** black pepper  
**1 1/2 teaspoons** chili powder  
**1 cup** Part-skim mozzarella cheese  
**1 cup** chicken broth  
**1 1/2 cups** water  
**1/2 teaspoon** salt  
**2 tablespoons** canola oil



## Directions

1. Boil water plus half the chicken broth in a large pot. Add brown rice. Cover and simmer over low heat for 30 minutes or until water is absorbed.
2. Heat canola oil in a large saute pan over medium high heat. Add diced onions, chopped broccoli, and spices until vegetables are tender (about 5 minutes).
3. Combine vegetables, chicken, brown rice, remaining chicken broth, and 2/3 cup of the cheese in a 4-inch hotel pan. Sprinkle remaining 1/3 cup of cheese on top and bake at 400°F for 15 minutes. Serve hot.