

Brown Rice, Broccoli, Cheese and Walnut Surprise

Prep time: 15 minutes **Cook time:** 25 minutes

Ready in: 40 minutes **Serving Size:** 4 servings

Ingredients:

- ½ cup chopped walnuts
- 1 Tbsp. butter
- 1 onion, chopped
- ½ tsp. minced garlic
- 1 cup uncooked instant brown rice
- 1 cup vegetable broth
- 1 pound fresh broccoli florets
- ½ tsp. salt
- 1/8 ground black pepper
- 1 cup shredded cheddar cheese

Directions:

1. Preheat oven to 350° F (175° C)
2. Place walnuts on small baking sheet, and bake for 6-8 minutes or until toasted.
3. Melt butter in a medium saucepan over medium heat. Cook onion and garlic in melted butter for 3 minutes, stirring frequently.
4. Stir in the rice, add the broth, and bring to a boil. Reduce heat to medium-low. Cover, and simmer until liquid is absorbed. (about 7-8 minutes)
5. Place broccoli in a microwave-safe casserole dish, and sprinkle with salt and pepper.
6. Spoon rice onto a serving plate, and top with broccoli. Sprinkle walnuts and cheese over the top.

****Tip: Brown Rice** is a source of many beneficial nutrients, including fiber, magnesium, zinc and vitamin B6. Fiber helps with healthy bowel function and lowering cholesterol. Zinc is a powerful antioxidant that helps prevent cancer as well as is involved in proper function and maintenance of ideal hormone levels.

Nutrition Facts (per serving):

Calories: 351

Fat: 22g

Cholesterol: 30mg

Sodium: 773mg

Carbohydrate: 30g

Fiber: 6g

Sugar: 5g

Protein: 14g

Attributed to Candice at allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student

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