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  
- Carbohydrate: 30g  
- Fat: 22g  
- Fiber: 6g  
- Cholesterol: 30mg  
- Sugar: 5g  
- Sodium: 773mg  
- Protein: 14g

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

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