Cheesy Chicken, Broccoli, and Rice Bake

12 Servings

**Ingredients:**

5 cups water  
2-1/2 cups brown rice, uncooked  
1/4 cup onion, (chopped)  
1 garlic clove (chopped)  
1 cup milk  
1 can cream of mushroom soup, reduced-sodium  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
3/4 cup shredded cheddar cheese, low-fat  
2 cups chicken (shredded, cooked)  
2 cups broccoli (pieces)

**Directions:**

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees. In large saucepan, bring water to a boil. Add rice, onion, and garlic. Cook for about 30 minutes or until rice is soft.
3. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken, and broccoli. Mix well.
4. Grease 9x13 pan and pour mixture into pan. Bake in preheated oven for 18 minutes. Sprinkle with cheese. Bake another 6 minutes or until cheese is melted.
5. Serve immediately.

Nutrition Information; 1 cup serving size. Total Calories 219, Total Fat 3g, Cholesterol 24mg, Sodium 324mg, Carbohydrates 34g, Total Sugars 2g, Protein 13g

*Source: Adapted from Oregon State University Extension*
As we enter the peak of flu season, it is important to remember the importance of one of the easiest and most effective ways to protect yourself from getting sick: handwashing. I am currently traveling to schools to provide a handwashing school enrichment lesson to first-grade students. As part of this activity, youth put lotion on their hands and look at their hands under a blacklight. Like germs, the lotion is invisible to the naked eye. However, the lotion lights up brightly underneath the blacklight. Youth are then instructed to wash their hands and look at them again underneath the blacklight to reveal the spots they missed. I have yet to have a single student get their hands completely clean the first time. This hands-on activity is an excellent reminder for youth about the importance of handwashing, but taking the time to wash hands properly is important for all of us.

So, what are the proper handwashing steps? The U.S. Centers for Disease Control and Prevention (CDC) lists the following five steps: **Wet, Get Soap, Scrub, Rinse, Dry**

While these steps seem simple, there are a few more items to keep in mind. First, after you wet your hands with water (which can be either warm or cold), you should turn off the tap before getting soap. Lather all surfaces of your hands with the soap. You should scrub your hands for as long as it takes to sing the “Happy Birthday” song from beginning to end twice. (Practicing this has been a favorite in the first-grade classrooms I’ve visited!) To learn more about the science behind these proper handwashing steps, visit bit.ly/handwashingscience.

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