

Serves: 2 • Serving size: 2 cups



PREP: 10 minutes
COOK: 0 minutes

Asian Rice with Chicken AND BROCCOLI

- 1 cup cooked rice or quinoa
- 1 cup cooked, shredded chicken
- 2 cups roasted broccoli
- 2 tsp. DIY Asian Seasoning Blend (found on our blog)
- 1 tsp. toasted sesame seeds
- 2 tbsp. sesame seed oil
- ¼ cup roughly chopped fresh cilantro

1. In a large bowl, stir together rice, chicken, broccoli, DIY seasoning blend, sesame seeds, sesame oil and cilantro.
2. Cover and refrigerate 10 minutes. Serve cold or warm.

Nutritional Information (per serving):

Calories: 580 Total Fat: 14g Saturated Fat: 5g Cholesterol: 75mg
Sodium: 150mg Carbohydrate: 78g Fiber: 2g Sugar: 0g Protein: 34g
Vitamin A: 45% Vitamin C: 110% Calcium: 15% Iron: 25%

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