Cheesy Chicken, Broccoli and Rice Bake

Serves: 12  
Serving size: 1 Cup

Ingredients:
5 cups water  
2 1/2 cups rice  
1/4 cup chopped onion  
1 clove garlic, chopped  
1 cup skim milk  
1 10.75-can condensed 98% fat-free cream of mushroom soup  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cups shredded, cooked chicken  
2 cups broccoli pieces  
3/4 cup grated low-fat cheddar cheese

Directions:
Preheat oven to 350˚ F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft. 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. Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.