

Chicken and Broccoli Burritos

1 chicken breast	1 1/2 c. instant rice
1 c. milk	1 1/2 c. water
2 oz. cream cheese, cut into cubes	2 tsp. chicken bouillon granules
1/2 tsp. Dijon mustard	1/2 head broccoli, chopped
1 clove garlic, minced	6 small flour tortillas
3/4 c. cheddar cheese, grated	

1. Preheat the oven to 400°.

To Prepare the Chicken:

2. Cut the chicken into bite sized pieces and cook in a large skillet until golden brown and no longer pink. Set aside.

To Prepare the Rice:

3. In a small glass bowl, combine the instant rice, water and chicken bouillon granules. Stir and cover with plastic wrap. (Remember to poke a hole in the top to allow some steam to escape.) Cook in the microwave for 5 minutes. Allow to stand for 2-4 minutes or until all water is absorbed. Watch the rice carefully. You may need to replace the plastic wrap a couple of times during the cooking process.

To Prepare the Broccoli:

4. Chop the broccoli into small florets. Add 1/2 c. to 1 c. water to the bottom of the medium sized saucepan and place the steamer basket above the water. Make sure that the water does not come through the basket. Turn the heat on to high and place the broccoli in the steamer basket and then place the lid on the saucepan.

5. Allow the broccoli to steam until cooked through. It will be soft and fork tender.

To Prepare the Cheese Sauce:

6. In a small saucepan, combine the milk and cream cheese. Cook on medium heat until the cream cheese is melted. Stir the mixture constantly. Add the Dijon mustard, garlic and shredded cheese. Cook until the cheese is melted and the sauce is creamy.

To Prepare the Filling:

7. In a medium sized bowl, combine the rice, broccoli and 1/2 of the sauce. Stir the mixture together. Add more sauce a little at a time until it reaches the consistency you would like it. You might not add all of the sauce. You do not want it to be too runny.

To Assemble the Burritos:

8. Warm up the flour tortillas in the microwave for about 30 seconds to 1 minutes.

9. Evenly distribute the filling in the center of each tortilla. Roll the tortillas burrito style and place on a cookie sheet seam side down.

10. Bake for about 12 to 15 minutes. Remove from the oven and serve warm.