

Fluffy Baked Brown Rice

adapted from [Mel's Kitchen Cafe](#)

1 1/2 cups brown rice

2 1/2 cups chicken broth (or 2 1/2 cups water and 1-2 teaspoons salt)

Preheat the oven to 350. Spray a 9 x 9 pan with cooking spray. Add rice and broth, and stir to combine. Cover tightly with a double layer of foil and bake 70 minutes, or until liquid is absorbed (you may need to adjust the cooking time plus or minus 5-10 minutes). Remove from oven and let sit five minutes, then fluff with a fork. Enjoy!