Chicken and Broccoli Rice Bowl

3 cups small broccoli florets, steamed

1 cup brown rice (cooked)

1 Tablespoon olive oil

1 cup chopped, cooked chicken

salt and pepper

1/4 cup chopped green onions

4 ounces light Velvetta cheese, cubed

Heat oil in skillet, add chicken and warm through.

Add cheese and onions.

Stir in rice and broccoli.

Heat through.