

Greek Chicken & Orzo Skillet

Serves: 4 | Serving Size: About 1 1/4 cups

Per serving: *Calories: 407; Total Fat: 12g; Saturated Fat: 3g; Monounsaturated Fat: 4g; Cholesterol: 96mg; Sodium: 618mg; Carbohydrate: 49g; Dietary Fiber: 8g; Sugar: 4g; Protein 39g*

Ingredients

- 1 tablespoon olive oil
- 1 pound (454g) boneless, skinless chicken breasts, cubed
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 3 garlic cloves, minced
- 2 cups (473ml) unsalted chicken stock
- 1 cup (150g) whole-wheat orzo, uncooked
- 1/3 cup (28g) chopped sun-dried tomatoes (not in oil)
- 1 teaspoon dried oregano
- 6 ounces (170g) fresh baby spinach
- 1/3 cup (43g) crumbled feta cheese
- 1 lemon, cut into wedges



Directions

1. Heat a large skillet over medium-high heat. Add oil to the pan and swirl to coat. Add chicken to the pan and sprinkle with 1/4 teaspoon each salt and pepper. Saute 3 minutes or until just starting to brown. Add garlic to pan; saute 2 minutes.
2. Stir in chicken stock, orzo, tomatoes, oregano and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Bring to a boil. Cover, reduce heat to medium-low, and cook until orzo is tender, about 15 minutes, stirring occasionally to keep pasta from sticking to pan.
3. Uncover pan. Gradually add spinach, stirring until wilted. Sprinkle with cheese and serve with lemon wedges.