

From our kitchen to yours



One Pot Italian Chicken and Orzo

PREP TIME: 15 min **COOK TIME:** 17 min **TOTAL TIME:** 22 min **YIELDS:** 4-6 servings

Ingredients:

2	chicken breasts chopped into bite size	1 (14.5 oz.) can crushed tomatoes
1 tbsp	olive oil	2 cups low sodium chicken broth
3 tbsp	pesto, divided	1 tsp chicken bouillon, optional*
1/2	onion, chopped	1/2 tsp dried oregano
1 cup	sliced carrots	1/4 tsp salt *
1 cup	zucchini, quartered	1/4 tsp pepper
1	red bell pepper, chopped	1/4 tsp red pepper flakes
1 cup	uncooked orzo	1/2 cup freshly grated Parmesan cheese
2	garlic cloves, minced .	

Directions:

Heat olive oil in a large NONSTICK pan over medium high heat until very hot. Toss chicken with 1 tablespoon pesto and add to pan along with onions, carrots and zucchini. Saute for three minutes then add red bell pepper, orzo and garlic and cook an additional 2 minutes.

Stir In crushed tomatoes, 2 tablespoons pesto, chicken broth, chicken bouillon and seasonings. Bring to a simmer, cover and reduce heat to medium low. Simmer for 8-12 minutes, or until vegetables and orzo are tender, stirring every 5 minutes so the orzo doesn't burn, covering pot after each stir.

Stir in Parmesan cheese. Taste and season with additional salt and pepper if desired. Garnish with fresh Parmesan and parsley (optional).

