

Eat to Live Well



Recipes for a Healthy Life!

Chicken Orzo Skillet

Ingredients:

- 1 cup uncooked orzo pasta
- 1 pound chicken breast, cubed
- 3 tsp olive oil, divided
- 3 garlic cloves, minced
- 2 cans (14.5oz) stewed tomatoes, cut up
- 1 (15oz) can white kidney or cannellini beans, rinsed and drained
- 1.5 tsp Italian seasoning
- 1 (16oz) package frozen broccoli florets, thawed

Directions:

Cook orzo according to package. Meanwhile, in skillet, heat 2 tsp oil and cook chicken until no longer pink. Remove and keep warm. In same skillet, cook garlic in remaining 1 tsp oil until tender. Stir in tomatoes, beans, and Italian seasoning. Bring to a boil. Stir in broccoli and chicken, heat through. Drain orzo, and stir into chicken mixture.

Submitted by employee

Nutrition Facts: 4 servings; per serving– 368 calories, 5.5g fat, .6 saturated fat, 486mg sodium, 67g carbohydrate, 8.7g fiber, 18.4g protein

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