



Lemon-Olive Chicken with Orzo

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 4 servings.

This quick skillet recipe is a healthy all-in-one meal. I just add a tossed salad for a menu the entire family loves. —Nancy Brown, Dahinda, Illinois

Ingredients

1 tablespoon olive oil

4 boneless skinless chicken thighs (about 1 pound)

1 can (14-1/2 ounces) reduced-sodium chicken broth

2/3 cup uncooked whole wheat orzo pasta

1/2 medium lemon, cut into 4 wedges

1/2 cup pitted Greek olives, sliced

1 tablespoon lemon juice

1 teaspoon dried oregano

1/4 teaspoon pepper

Directions

1. In a large nonstick skillet, heat oil over medium heat. Brown chicken on both sides; remove from pan.

2. Add broth to skillet; increase heat to medium-high. Cook 1-2 minutes, stirring to loosen browned bits from pan. Stir in remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, 5 minutes, stirring occasionally.

3. Return chicken to pan. Cook, covered, 5-8 minutes or until pasta is tender and a thermometer inserted in chicken reads 170°.

Nutrition Facts

1 serving: 345 calories, 17g fat (3g saturated fat), 76mg cholesterol, 636mg sodium, 22g carbohydrate (1g sugars, 5g fiber), 26g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat, 1 starch.

© 2022 RDA Enthusiast Brands, LLC