

Creamy Chicken and Broccoli Orzo

Recipe from ONIEProject.org

Ingredients

- 1 (16 oz) box whole-wheat orzo
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 1 1/2 lbs boneless, skinless chicken breasts, diced
- 2 cups chopped asparagus
- 2 cups broccoli florets
- 1 (8 oz) carton fresh mushrooms, sliced
- 1 lemon, juiced
- 1 Tbsp Italian seasoning
- 1/2 cup shredded parmesan cheese
- 1/2 cup plain non-fat Greek yogurt

Preparation

1. Prepare orzo according to package directions. Set aside.
2. In a large skillet heat oil over medium-high. Add garlic & chicken. Cook 7-10 minutes or until golden brown on all sides.
3. Add asparagus, broccoli, mushrooms, lemon juice & Italian seasoning. Cook 5-7 minutes, stirring occasionally.
4. Add orzo, cheese & yogurt to skillet. Mix well. Cook 4-5 minutes or until cheese is melted.
5. Divide evenly & serve

