



Spicy Chicken and Orzo Skillet

PREP TIME: 45 MINUTES (READY IN 45 MINUTES)
SERVINGS: 4 (1-1/2 CUPS EACH)

- 1 tablespoon olive or vegetable oil
- 4 boneless skinless chicken breasts, cut into thin bite-size strips
- 1 garlic clove, finely chopped
- 1 cup ready-to-eat baby-cut carrots, quartered lengthwise
- 1 small onion, cut into thin wedges
- 3/4 cup uncooked rosamarina or orzo pasta (5 1/2 oz)
- 1 teaspoon ground cumin
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup water
- 1 can (15 oz) chick peas or garbanzo beans, drained, rinsed
- 1 can (14 oz) chicken broth
- 2 cups fresh spinach leaves, cut into thin strips

- 1) In 12-inch skillet, heat the oil over medium-high heat until hot. Add chicken and garlic; cook and stir 3 minutes. Add the carrots and onion; cover and cook 2 to 3 minutes or until vegetables are crisp-tender, stirring once.
- 2) Stir in all remaining ingredients except spinach. Heat to boiling. Reduce heat; cover and simmer 12 to 15 minutes, stirring occasionally, until most of liquid is absorbed and orzo is tender.
- 3) Stir in the spinach; cover and cook 2 to 3 minutes longer or until the spinach is wilted.

HIGH ALTITUDE (3500-6500 FT.): No change.

Nutrition Information Per Serving

Calories:	480	From Fat:	100
Total Fat			11g
Saturated Fat			2g
Trans Fat			0g
Cholesterol			75mg
Sodium			530m
Total Carbohydrate			52g
Dietary Fiber			8g
Sugars			3g
Protein			42g