

Recipes makes: 4 servings (1 ½ cups per serving)



Ingredients-

- ♥ 1 lb. boneless skinless chicken breast, cut to ½ inch strips
- ♥ 2 tsp salt-free garlic seasoning blend
- ♥ 1 small onion, chopped
- ♥ 1 Tbsp. D'Avolio Extra Virgin Olive Oil
- ♥ 1 clove garlic, minced
- ♥ ¾ c sundried tomato, undrained
- ♥ 1 (10 oz) pkg. frozen chopped spinach
- ♥ 1 cup chicken stock
- ♥ ¾ cup D'Avolio tomato orzo
- ♥ 1 tsp. Italian seasoning
- ♥ 1/8 tsp crushed red pepper flakes
- ♥ ¼ cup grated parmesan cheese

PREPARATION:

1. Sprinkle chicken with garlic seasoning blend. In a large skillet, sauté chicken and onion in oil for 5-6 minutes or until chicken is no longer pink.
2. Add garlic; cook 1 minute longer.
3. Stir in tomatoes, spinach, broth, orzo, Italian seasoning, and pepper flakes. Bring to a boil; reduce heat.
4. Cover and simmer for 15-20 minutes or until orzo is tender and liquid is absorbed.
5. Garnish with cheese if desired.

Nutrition Facts	
Serving Size: 1 serving (347.5g)	
Servings: 1	
Amount Per Serving	
Calories 420	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 490mg	20%
Total Carbohydrate 36g	12%
Dietary Fiber 7g	27%
Sugars 8g	
Protein 36g	
Vitamin A 110%	• Vitamin C 15%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

