



Tuscan Chicken and Orzo



Yield: 4 servings, 1/2 breast per person and 1.5 cups orzo and veggies

INGREDIENTS

- 2 Tbsp olive oil
- 2 Tbsp (30 g) salted butter
- 2 boneless, skinless chicken breasts (about 1.3 lbs/600g total)*
- Salt & pepper (about 1/2 tsp of each for the chicken seasoning step)
- 2 Tbsp AP flour
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp Italian seasoning
- 1 14.5oz. can (400 g) roasted petite diced tomatoes*
- 1 tsp Dijon mustard
- 1 cup (150 g) uncooked orzo pasta
- 1 1/2 cups (350 ml) chicken broth
- 1/2 cup (120 ml) heavy cream or half & half, room temperature**
- 1 cup (30 g) fresh spinach, packed

SHOPPING LIST

- 1 yellow onion, diced (\$0.99)
- 1 14.5oz. can (400 g) roasted petite diced tomatoes* (\$0.79)
- 2 chicken breasts (\$5.53)
- 1 cup (150 g) uncooked orzo pasta (\$0.99)
- 1/2 cup (120 ml) heavy cream or half and half (\$2.39)
- 1 cup (30 g) fresh spinach, packed (\$1.89)

OPTIONAL

- Parmesan cheese
- Fresh lemon wedges
- Parsley

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INSTRUCTIONS

1. Gather ingredients
2. Using a sharp knife, carefully fillet each chicken breast into two thinner cutlets.
3. Season each breast with salt and black pepper. Then sprinkle the flour over both sides of the chicken breasts and rub it in until the chicken is evenly coated.
4. Heat a large skillet over medium heat and add 1 Tbsp olive oil and 1 Tbsp (15g) of butter. Once the skillet is hot, add the chicken and cook on each side until golden brown and cooked through to 160F (about 4 minutes per side). Remove the cooked chicken to a clean plate and cover to keep warm.
5. Add the rest of the oil and butter to the pan. Once melted, add onion over medium heat. Sauté the onion for 3-4 minutes, scraping up the cooked bits of chicken from the bottom of the pan with a wooden spoon or spatula.
6. Add the garlic, Italian seasoning, canned tomatoes with juices, Dijon mustard, and orzo. Stir often, cooking for 3 minutes.
7. Add the vegetable broth and room temperature cream. Once it starts to bubble, turn the heat down to medium-low and continue cooking for 10 minutes uncovered, stirring occasionally so the orzo doesn't stick to the bottom of the pot. It should steadily simmer but never boil. You don't want all of the liquid to evaporate.
8. Take the pot off the heat and stir in the spinach. Add cooked chicken filets back to the pot and cover for a few minutes until it has thickened up to your liking. If the orzo seems watery at the end of cooking, you can simmer it for a bit longer. It will continue to absorb the liquid and thicken.
9. Season with salt and pepper to taste. Optional: add minced parsley, a squeeze of fresh lemon, and Parmesan cheese if you have some on hand. Enjoy!