Greek Feta Chicken

Ingredients

4 oz. uncooked orzo

4 (4 oz.) skinless, boneless chicken breasts

2 tsp. ground oregano

1/2 tsp. salt

1/4 tsp. fresh ground black pepper

1/8 tsp. ground red pepper

1 Tbsp. olive oil, divided

1 small red pepper, sliced into strips

1 small green pepper, sliced into strips

2 tsp. bottled minced garlic

1 1/2 Tbsp. fresh lemon juice

1 oz. crumbled feta cheese

Nutrition Facts

Serving Size 1 breast, 1/2 cup orzo (160g)
Servings Per Container 4

Amount Per Serving

Calories 300	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 430mg	**18%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 28g	

Vitamin A 15% • Vitamin C 70%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preparation

1. Cook the orzo according to package directions (but without added salt or fat). While the orzo cooks, sprinkle the chicken breasts with oregano, salt, pepper, and ground red pepper.
2. Heat 2 tsp. of the oil in a large nonstick skillet over medium-high heat. Add the chicken breasts and cook on both sides for about 4 to 5 minutes until no longer pink. Remove the chicken from the skillet.
3. Drain orzo and keep warm.
4. Lower the heat to medium and add remaining oil. Saute the peppers for 3 minutes. Add the garlic and saute for 1 minute more. Add the lemon juice and cook for 1 minute. Add back the chicken breasts to the skillet. Top with feta cheese, cover, and cook 1 minute until cheese slightly melts. Serve over cooked orzo.

Makes: 4 servings