

Greek Chicken

with Confetti Orzo

Submitted by: Brenda Day, Savannah, GA



4 Servings

4 **Pilgrim's Pride** boneless skinless split chicken breasts

Marinade:

- 1 cup plain low fat yogurt, Greek Yogurt preferred
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon turmeric
- Freshly ground pepper to taste
- 1 teaspoon curry powder, optional

Confetti Orzo:

- 1 cup uncooked Orzo pasta
- 2 cups low sodium chicken broth
- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 small red onion, diced
- ½ cup each diced red and green bell pepper
- ½ cup diced celery
- 2 small zucchini, thinly sliced
- 1 teaspoon ground cumin
- Salt and freshly ground pepper to taste
- ¼ cup sliced black olives
- 4 ounces crumbled Feta cheese
- Lemon slices, whole black and green olives for garnish, optional

Place chicken breasts in shallow glass baking dish. Set aside

To make marinade, place yogurt in small bowl. Add remaining marinade ingredients and whisk to combine well. Pour over chicken, cover and marinate 4 to 6 hours in refrigerator.

To make Confetti Orzo, place chicken broth in saucepan and bring to a boil. Stir in orzo. Reduce heat to low and cook 8 to 10 minutes until broth is absorbed and orzo is al dente.

While orzo is cooking, place 3 tablespoons oil in large skillet over medium heat. Add garlic and remaining vegetables. Cook until crisp-tender, stirring occasionally. Add cumin, salt and pepper. Remove from heat and add cooked orzo, olives and Feta. Stir to combine. Keep warm.

Chicken may be baked or grilled. To bake, preheat oven to 400°F and bake chicken 30 minutes or until internal temperature of meat is 160°F on meat thermometer. To grill, place grill rack 4 to 6 inches from heat source and coat lightly with oil or cooking spray. Preheat grill to medium heat (350°F for gas grill). Place chicken on grill and cook 10 minutes with grill closed. Turn and continue grilling 10 to 15 minutes longer in closed grill, or until internal temperature of meat is 160°F on meat thermometer.

To serve, place Confetti Orzo on platter and top with chicken. Garnish with lemon slices and olives, if desired.

