

# CHICKEN AND ORZO SKILLET

Preparation: **15** minutes | Cooking: **20** minutes | Servings: **4**

## INGREDIENTS

*1 pound boneless, skinless chicken breast cut into 1/2-inch strips*  
*1 package (10 ounces) frozen chopped spinach*  
*1 can (14.5 ounces) diced tomatoes, undrained*  
*1 small onion, chopped*  
*1 garlic clove, minced*  
*1 cup chicken broth*  
*3/4 cup uncooked orzo*  
*1/4 cup parmesan*

*2 teaspoons salt-free garlic seasoning blend*  
*1 teaspoon Italian seasoning*  
*Red pepper flakes (optional)*



## INSTRUCTIONS

Sprinkle chicken with garlic seasoning blend. In a large cast-iron or heavy skillet, sauté chicken and onion in oil until chicken is fully cooked through. Add garlic, cook until fragrant, about 1 more minute. Stir in tomatoes, spinach, broth, orzo, Italian seasoning, and optional red pepper flakes. Bring to a boil; reduce heat. Cover and simmer until orzo is tender and liquid is absorbed, about 15-20 minutes. Garnish with parmesan cheese and enjoy!