

Herbed Chicken, Orzo & Zucchini

START TO FINISH 20 minutes

- 1 cup dried orzo pasta (rosamarina)
- 4 skinless, boneless chicken breast halves (1 to 1¼ lb. total)
- 1 tsp. dried basil, crushed
- 3 Tbsp. olive oil
- 2 medium zucchini and/or yellow summer squash, halved lengthwise and sliced
- 2 Tbsp. red wine vinegar
- 1 Tbsp. snipped fresh dill
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- Snipped fresh dill (optional)

1. Cook orzo according to package directions; drain. Return orzo to the hot pan; cover and keep warm.

2. Meanwhile, sprinkle chicken with basil. In a large skillet heat 1 tablespoon of the oil over medium-high heat. Add chicken; cook about 12 minutes or until no longer pink (170°F), turning once. (Reduce heat to medium if chicken browns too quickly.) Remove chicken from skillet.

3. Add zucchini and/or yellow squash to skillet; cook and stir about 3 minutes or until crisp-tender. Stir in cooked orzo, the remaining 2 tablespoons oil, the vinegar, the 1 tablespoon dill, the salt, and pepper.

4. Serve chicken with orzo mixture. If desired, sprinkle with additional fresh dill. **Makes 4 servings.**

PER SERVING 390 cal., 12 g fat (2 g sat. fat), 66 mg chol., 366 mg sodium, 35 g carb., 3 g fiber, 33 g pro.

