

ZUCCHINI + SNAP PEAS

Chicken Orzo Pasta



INGREDIENTS:

8oz orzo pasta
Chicken Broth
16oz snap peas, ends trimmed & halved
2 small zucchini, cut & quartered
1 red bell pepper, chopped
4 Tbsp fresh lemon juice
4 Tbsp extra virgin olive oil
italian seasoning, to taste
1 large shallot
1 clove garlic
sea salt & black pepper, to taste
1/2 cup crumbled feta
1 pound Chicken, diced

DIRECTIONS:

1. Cook the orzo according to the package directions using chicken broth in place of water. Set aside.
2. in a skillet add 2 Tbsp olive oil and saute shallots until tender, stir in garlic and diced chicken. Cook over medium heat, turning occasionally until chicken is golden and cooked through.
3. Set aside chicken and in the same skillet, over medium-high heat add the remaining olive oil, snap peas, zucchini and red bell pepper. Cook until the veggies are slightly tender.
4. Turn off the heat and add in the orzo pasta, seasonings, lemon juice, salt & pepper, and chicken. Toss to combine. Taste and adjust seasonings.

SERVES: 4-6
