

Food is Health • Community Recipe Challenge

High-Protein Balsamic Chicken Orzo

Ingredients

- 4 (4-ounce) boneless, skinless chicken breasts, halved
- 1 teaspoon ground pepper and pinch of salt, to taste
- 3 tablespoons extra-virgin olive oil, divided
- 2 small red or orange bell peppers, sliced
- 6 cloves garlic, sliced
- 3 cups unsalted chicken broth, divided
- 1½ cups whole-wheat orzo
- ⅔ cup heavy cream (or whole milk)
- 1 (5-ounce) package baby spinach
- ¼ cup grated Parmesan cheese
- 2 tablespoons balsamic vinegar



Recipe from [eatingwell.com](https://www.eatingwell.com) (adapted)



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Instructions

1. Pat chicken dry; season with pepper and a small pinch of salt.
2. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Cook chicken 4–7 minutes per side until browned and cooked through (165°F). Transfer to a plate and cover.
3. Add remaining 1 tablespoon oil to the skillet. Cook bell peppers until softened (~3 minutes). Add garlic and ¼ cup broth; cook until liquid evaporates (1–2 minutes).
4. Stir in 1½ cups orzo and cook 1 minute until lightly toasted.
5. Add remaining 2¾ cups broth and ⅔ cup cream. Bring to a simmer, then cook, stir occasionally, until the orzo is tender, 12 - 14 minutes.
6. Remove from heat. Stir in spinach until wilted, then mix in Parmesan and vinegar.
7. Nestle chicken into the orzo. Cover until warmed through, about 3 minutes.

Optional:

- Add 1 medium shallot, sliced, and cook in step 3 with the bell peppers
- Save time and use a low-sodium rotisserie chicken. Skip steps 1-2 and add chicken in step 7.

Nutrition Information per Serving Serves 4

Calories	630
Protein	39g
Carbohydrates	40g
Total Fat	37g
Saturated Fat	15g
Fiber	7g
Sugar	7g
Sodium	730mg

The information shown is an estimate.



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