



Moroccan Chicken and Orzo

Low Fat, Heart Healthy Meal

327 calories, 4.3g fat, 2.4g fiber per serving

5 one cup servings

Ingredients

- 1 cup orzo, uncooked
- 2 tsp. paprika
- 1 tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. turmeric or ½ tsp. saffron threads
- ¼ tsp. ground cinnamon
- 1 large clove garlic, minced
- 14-16 ounces chicken breast, cut into bite-sized pieces (1" or smaller)
- 2 tsp. vegetable or olive oil
- 1 ¼ cup chopped onion
- 1 cup low-sodium chicken broth
- ¼ cup golden raisins
- ¼ cup fresh cilantro, chopped

Preparation

1. Cook orzo in salted water until al dente. Drain and set aside.
2. While orzo is cooking, get out a medium bowl. Add paprika, cumin, salt, turmeric, cinnamon and garlic, and stir to combine. Add chicken and stir until poultry is entirely coated with mix.
3. In a large nonstick skillet, heat oil over medium-high heat. Add onion. Sauté about 4 minutes, until it's a little soft and translucent, stirring occasionally. Add chicken. Brown chicken, stirring occasionally, 6 to 8 more minutes. Pour in broth and raisins. Drop heat back to medium and let it cook for 5 minutes.
4. Kill heat. Remove skillet from burner. Pour cooked orzo into skillet. Stir until the whole shebang is thoroughly combined. Top with fresh cilantro and serve.