



Greek Chicken and Orzo Skillet

This one-dish meal lends an international flair to any weeknight.

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 2 medium zucchini, cut into 1/4-in. pieces
- 1 can (15 oz) garbanzo beans, drained and rinsed
- 1 can (14 oz) garlic and onion-flavored diced tomatoes
- 3 tbsp **Greek Rub**

To finish and serve

- 2 cans (14 oz each) chicken broth
- 1/2 cup water
- 1 lb uncooked orzo
- 2 oz crumbled feta cheese
- 1/2 cup coarsely chopped pitted kalamata olives (optional)

1. Prepare and freeze

- In Bag 1, combine chicken and zucchini.
- In Bag 2, combine beans, tomatoes and rub.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Add contents of Bag 2, broth and water to **(12-in.) Skillet**; cover and bring to a simmer over medium-high heat.
- Reduce heat to medium; add orzo. Cover and cook 5 minutes (or halfway through cooking time, according to package directions), stirring occasionally.
- Add contents of Bag 1. Cover and cook 5-7 minutes or until orzo is tender and zucchini begins to soften. Remove from heat; top with feta cheese. Sprinkle with olives, if desired.

To cook and serve from freezer

- Add contents of Bag 2, broth and water to **(12-in.) Skillet**; cover and bring to a simmer over medium-high heat. Cook 8-10 minutes or until mixture comes to a simmer, breaking contents apart as necessary using **Bamboo Spatula**.
- Proceed as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredient):
Calories 450, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 50 mg,
Carbohydrate 68 g, Protein 32 g, Sodium 1220 mg, Fiber 6 g