

Marry Me Chicken Orzo



This creamy chicken orzo dish is a true favourite among our dietitians. Easy to prepare, nourishing and full of flavour, it brings to mind those comforting weeknight meals we all love. Inspired by the popular Marry Me Chicken recipe, this lighter version keeps all the joy without the fuss! Add a serving of vegetables to your meal with our [Feta and Chili Sugar Snap Peas](#) as a side.

For a semi-vegetarian and fibre-rich version, add 1 can (540 ml / 19 oz) of rinsed and drained chickpeas.

Preparation 15 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 420

Fat 11

Carbohydrates 36

Fibre 5

Protein 43

Sodium 645

Ingredients

Chicken and Marinade

- 3 boneless chicken breasts, diced
- 125 ml (½ cup) nutritional yeast
- 2 cloves of garlic (10 ml / 2 tsp), finely chopped garlic
- 15 ml (1 tbsp) oil from sun-dried tomatoes
- 45 ml (3 tbsp) reduced-sodium soy sauce
- 15 ml (1 tbsp) maple syrup
- 30 ml (2 tbsp) water

Creamy Orzo

- 3 red bell peppers, seeded and diced
- 1 red onion, finely chopped
- 180 ml (¾ cup) orzo
- 250 ml (1 cup) reduced-sodium chicken broth
- 250 ml (1 cup) no-salt-added canned tomato sauce
- 125 ml (½ cup) 2% milk
- 75 ml (5 tbsp) light cream cheese
- 60 ml (¼ cup) oil-packed sun-dried tomatoes, drained and chopped
- 5 ml (1 tsp) dried Italian herb mix
- 60 ml (¼ cup) finely grated Parmesan cheese
- 1 container of 142 g (5 oz) baby spinach

Preparation

1. In a bowl, combine chicken, nutritional yeast, garlic, oil, soy sauce, maple syrup and water. Refrigerate while preparing the other ingredients.
2. In a large non-stick skillet, cook the marinated chicken over medium heat until it starts to brown.
3. Add onion and peppers. Cook for 5 minutes over medium heat.
4. Add orzo, broth, tomato sauce, milk, cream cheese, sun-dried tomatoes and herbs. Bring to a gentle boil, reduce heat, cover and simmer for 10 to 12 minutes, stirring occasionally, until orzo is al dente.
5. Add spinach and Parmesan. Stir until the spinach wilts. Adjust seasoning to taste and serve.

Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer.



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