

One Pan Chicken & Orzo

Recipe makes 6 meals

Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **3 cups Chicken Broth**
- **2 cups Fresh Spinach, chopped**
- **15 oz can Diced Tomatoes, drained**
- **12 oz Orzo Pasta, dry**
- **5 oz Crumbled Feta**
- **2 oz can Sliced Black Olives, drained**
- **4 Garlic Cloves, chopped**
- **1 small Yellow Onion, chopped**
- **2 Tbsp Olive Oil, divided**
- **1/2 Tbsp Garlic Powder**
- **1/2 Tbsp Onion Powder**
- **1 tsp Salt**
- **1/2 tsp Black Pepper**
- **1/2 tsp Basil**
- **1/2 tsp Oregano**
- **1/2 tsp Dill Weed**
- **1/2 tsp Smoked Paprika**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 463
Fat - 13g
Carbohydrates - 48g
Protein - 36g
***Fiber - 4g**

**Estimated Cost
Per Meal**

\$2.59

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Instructions

- 1. Start by adding your chopped chicken into a large mixing bowl, along with 1/2 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp salt, 1/2 tsp black pepper, 1/2 tsp basil, 1/2 tsp oregano, 1/2 tsp dill weed, and 1/2 tsp smoked paprika. Mix to coat your chicken and set aside.**
- 2. Heat a large skillet over medium-high heat and add in 1 Tbsp of olive oil. Once your oil is hot, add in your chicken and cook for 4-5 minutes on each side, or until your chicken is cooked through. When done, remove it from the skillet and set aside.**
- 3. Return that same skillet back to the stove over medium-high heat and add in 1 Tbsp of olive oil and add in your chopped onion. Cook until your onions are translucent, then add in your chopped garlic and cook for 1 minute.**
- 4. Add in your chopped spinach, mix and cook for 30 seconds.**
- 5. When your spinach starts to wilt, add in your dry orzo, mix, then add in 3 cups of chicken broth. Give it one more mix, cover with a lid, and let this cook on medium for about 15 minutes, or until your liquid is evaporated, stirring occasionally to prevent sticking.**
- 6. Once your orzo is cooked through turn off the heat, remove the lid, add in your can of drained diced tomatoes, and mix.**
- 7. Mix in your can of sliced black olives and your crumbled feta. Give it a taste and add salt and pepper to preference.**
- 8. Portion out into your meal containers and enjoy!**



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Notes

- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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