



High-Protein Chicken Orzo Recipe Delight

Introduction

High Protein Chicken Orzo is a delightful dish that brings together tender, grilled chicken, orzo pasta, and a vibrant mix of vegetables. This recipe is not only packed with protein but is also a colorful and nutritious meal that caters to both taste and health. Whether you're looking for a quick weeknight dinner or something nutritious for meal prep, this dish fits the bill perfectly.

Detailed Ingredients with Measures

- 2 boneless, skinless chicken breasts (about 1 lb), grilled or pan-seared
- 1 cup orzo pasta - 1 tablespoon olive oil - 1 red bell pepper, diced - 1 zucchini, diced - 1/2 cup cherry tomatoes, halved - 1 clove garlic, minced - 1 tablespoon lemon juice - 1 teaspoon dried oregano - 1 teaspoon dried basil - Salt and pepper, to taste - Fresh parsley or basil for garnish

Prep Time

15 minutes

Cook Time

20 minutes

Total Time

35 minutes

Yield

Serves 4

Detailed Directions and Instructions

Cook the Orzo

Begin by cooking the orzo according to the package instructions. Once

cooked, drain it and set aside.

Cook the Chicken

While the orzo is cooking, heat olive oil in a skillet over medium heat. Season the chicken breasts with salt, pepper, and half of the dried oregano and basil. Cook the chicken for about 5-7 minutes per side, until golden brown and cooked through. Once cooked, let the chicken rest for a few minutes before slicing it thinly.

Sauté the Vegetables

In the same skillet, add a little more olive oil if needed. Sauté the minced garlic, diced bell pepper, diced zucchini, and halved cherry tomatoes for about 4-5 minutes, or until they are tender.

See also [Goosey Brownie Pie](#)

Combine Everything

Add the cooked orzo to the skillet with the sautéed vegetables. Toss to combine thoroughly. Add the sliced chicken, lemon juice, and the remaining dried oregano and basil. Season with salt and pepper to taste and mix well.

Serve

Serve the dish immediately, garnished with fresh parsley or basil for added flavor and presentation.

Notes

Storage

This dish can be stored in an airtight container in the refrigerator for up

to 3 days, making it ideal for meal prepping.

Cooking Methods

You can grill or pan-sear the chicken based on your preference. Both methods provide a delicious outcome.

Vegetable Variations

Feel free to substitute or add other vegetables according to your preference, such as spinach, carrots, or broccoli.

Herb Substitutes

Fresh herbs can be used instead of dried for an enhanced flavor, but be sure to adjust quantities as fresh herbs are generally more potent.

Protein Alternatives

For a different protein option, you can use turkey or tofu as a substitute for chicken. Adjust cooking times as necessary.

Cook techniques

Cooking Orzo

Cook orzo pasta according to the package instructions, ensuring it's al dente for the best texture. Drain and set aside to prevent sticking.

Grilling or Pan-Searing Chicken

Heat olive oil in a skillet over medium heat. Season chicken breasts with salt, pepper, and herbs before cooking each side for about 5-7 minutes until golden brown and cooked through.

Sautéing Vegetables

In the same skillet, add a bit more olive oil if necessary. Sauté garlic, bell pepper, zucchini, and tomatoes for 4-5 minutes until they become tender and aromatic.

See also [Peanut Butter Smoothie](#)

Combining Ingredients

Add the cooked orzo to the sautéed vegetables, tossing to combine. Incorporate sliced chicken, lemon juice, and remaining herbs, adjusting seasoning as necessary.

Garnishing and Serving

Serve the dish immediately while it's warm. Garnish with fresh parsley or basil to enhance flavor and presentation.

FAQ

Can I use whole grain or gluten-free orzo?

Yes, you can substitute whole grain or gluten-free orzo to fit dietary preferences.

How can I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to 3 days.

Can I add other vegetables to this dish?

Absolutely! Feel free to add other vegetables like spinach, broccoli, or carrots according to your taste.

Is this dish suitable for meal prepping?

Yes, this recipe is perfect for meal prepping and can be easily reheated.

What can I use instead of chicken?

You can replace chicken with tofu, shrimp, or chickpeas for a protein alternative.

Conclusion

This High Protein Chicken Orzo dish is a delicious and nutritious option that brings together tender chicken, hearty orzo pasta, and vibrant vegetables. It's not only easy to prepare but also perfect for meal prepping, making it a great addition to your weekly menu. Enjoy the blend of flavors and the protein boost it provides!

Vegetarian Orzo Salad

Replace the chicken with chickpeas or tofu and use a variety of roasted or grilled vegetables. Dress with a simple vinaigrette for a refreshing salad.

Seafood Orzo with Shrimp

Swap out the chicken for shrimp, adding a splash of white wine and some spinach for an elegant seafood dish.

One-Pan Lemon Chicken and Asparagus

Use asparagus instead of zucchini and add capers for a bright, citrusy flavor profile.

See also [Nutella Stuffed French Toast](#)

Orzo with Pesto and Grilled Vegetables

Mix cooked orzo with pesto sauce and toss in grilled vegetables like eggplant and bell peppers for a vibrant dish.

Chicken and Spinach Orzo Bake

Combine the orzo mixture with spinach and a sprinkle of cheese, then bake until bubbly for a comforting casserole.

Curried Chicken Orzo

Incorporate curry powder and coconut milk into the dish for a savory, exotic twist on this recipe.





High-Protein Chicken Orzo Recipe Delight

