

Garlic Chicken with Orzo Noodles

Prep 15 m

Cook 15 m

Ready In 30 m

- 1 cup uncooked orzo pasta
 - 2 tablespoons olive oil
 - 2 cloves garlic
 - 1/4 teaspoon crushed red pepper
 - 2 skinless, boneless chicken breast halves - cut into bite-size pieces salt to taste
 - 1 tablespoon chopped fresh parsley
 - 2 cups fresh spinach leaves grated Parmesan cheese for topping
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- Bring a large pot of lightly salted water to a boil.
 - Add orzo pasta, cook for 8 to 10 minutes, until al dente, and drain.
 - Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minute, until garlic is golden brown.
 - Stir in chicken, season with salt, and cook 2 to 5 minutes, until lightly browned and juices run clear.
 - Reduce heat to medium, and mix in the parsley and cooked orzo.
 - Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted.
 - Serve topped with Parmesan cheese.

