

# one pot chicken thighs and orzo

**MAKES 6 servings**

**RECIPE ADATED FROM:** Food & Nutrition, Jan/Feb 2019

**PREP TIME:** 10 minutes

**COOK TIME:** 45 minutes

- 1 Tbsp extra-virgin olive oil
- 1½ pounds boneless skinless chicken thighs
- 1 cup diced yellow onion
- 1 cup diced bell pepper
- 2 Tbsp minced garlic
- 2 tsp dried oregano
- ½ tsp ground cinnamon (or 1 cinnamon stick)
- ¾ tsp salt
- ¼ tsp black pepper
- 1 tsp cumin
- 1 cup whole wheat orzo
- 28 oz canned no-salt added diced tomatoes
- 1 cup chicken stock + ¼ cup for deglazing
- ¼-½ cup crumbled feta cheese, optional
- ¼ cup chopped parsley, optional



**PREHEAT** oven to 350°F.

**HEAT** a Dutch oven or heavy oven-safe pot on the stove over medium-high heat.

**ADD** olive oil and heat about 30 seconds.

**ADD** chicken and brown for 2-3 minutes, turn chicken over and brown for another 2-3 minutes.

**REMOVE** chicken from pot and set aside.

**SAUTE** onion and pepper in chicken drippings/ leftover oil (add additional olive oil, if necessary) for about 5 minutes.

**ADD** garlic and sauté for 1 minute.

**ADD** oregano, cinnamon, salt, pepper, cumin and orzo and sauté for 1 minute, stirring continuously.

**ADD** ¼ cup chicken stock and deglaze pot by stirring continuously and scraping up any brown bits from the bottom.

**ADD** tomatoes and remaining 1 cup of chicken stock and stir well.

**RETURN** chicken to pot and stir.

**PLACE** pot in oven (uncovered) and bake 30 minutes, stirring once halfway through.

**TOP** with feta cheese and parsley, if desired.

**MAKE IT A MEAL:** add a side salad or other non-starchy vegetable of choice.