

WARM ORZO SALAD WITH CHICKEN

EVERYDAY
SALADS

Serves 2 as a Main Dish

Time: 20 minutes

Dressing:

- 3 Tablespoons olive oil
- 3 Tablespoons fresh lemon juice
- $\frac{3}{4}$ teaspoon salt
- Fresh ground black pepper

Pasta:

- $\frac{3}{4}$ cup Orzo pasta, cooked

Sautéed Chicken:

- 1 boneless/skinless chicken breast, chopped
- 2 teaspoons olive oil
- 2 teaspoons unsalted butter

Other Ingredients:

- 3 Tablespoons shallot or red onion, chopped
- 3 Tablespoons fresh dill, chopped
- 3 Tablespoons fresh parsley, chopped
- 6 grape tomatoes cut in half lengthwise
- $\frac{1}{4}$ cup Feta cheese, crumbled
- $\frac{1}{2}$ cup Pine nuts or toasted Almonds, optional
- $1\frac{1}{2}$ cups baby arugula

1. In a small bowl whisk together the olive oil, fresh lemon juice, salt and fresh ground black pepper. Set aside.
2. Cook the Orzo according to package directions. Drain. Keep warm. Set aside.
3. Wipe off the chicken with a wet paper towel. Chop. Sauté the chopped chicken in the olive oil and butter until cooked through about 4 min. Keep warm. Set aside.
4. In a medium size bowl add: cooked orzo, onion, dill, parsley, tomatoes, cheese, and nuts if using. Mix in the warm chicken and arugula. Toss with the dressing and serve immediately.

Serve with: Warm Nann bread page 239, Peasant White Bread page 237.

Variations: Instead of chicken, use $\frac{1}{2}$ lb. raw shrimp, cleaned, tails removed, diced. Place diced shrimp on a baking sheet and drizzle with olive oil and fresh lemon juice. Sprinkle with coarse salt and fresh ground black pepper. Bake at 350° on the middle oven rack for 5 to 6 min. Add (optional) dried cherries or cranberries.

This is one of my all time favorite salads!

This salad is a meal. I love it.

It is so healthy and tastes so good.

It was hard to create the recipe because there isn't one!

Nellie, who is a great cook, showed me how she just throws in this and that. I am so excited to share this original recipe that I have been working on for a while.

It is fabulous.