

One Pot Greek Chicken Orzo

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-chicken-with-orzo-recipe>

Ingredients:

- 1/2 cup flour all-purpose
- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- salt
- pepper
- 8 chicken thighs boneless and skinless
- 2 tablespoons olive oil
- 1 onion large, chopped
- 3 cloves garlic minced
- 1/4 teaspoon red pepper flakes
- 1/2 tablespoon dried oregano
- 1 tablespoon fresh thyme chopped
- 1 1/2 cups orzo
- 1 cup white wine
- 2 cups chicken broth low sodium
- 3/4 cup Kalamata olives pitted
- 1/4 cup feta cheese crumbled
- 2 tablespoons fresh parsley chopped
- 1/2 lemon cut into wedges

Nutrition:

1. Calories: 1510 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 400 milligrams
4. Fat: 84 grams
5. Fiber: 6 grams
6. Protein: 95 grams
7. SaturatedFat: 21 grams
8. Sodium: 920 milligrams

9. Sugar: 4 grams

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