

# Orzo Chicken Skillet

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 pound boneless skinless chicken breasts cubed
- 1 teaspoon garlic salt
- 1 small onion chopped
- 1 tablespoon olive oil
- 2 cloves garlic minced
- 14 ounces diced tomatoes undrained
- 1 cup chicken broth
- 3/4 cup orzo uncooked
- 1 teaspoon italian seasoning
- 8 teaspoons red pepper flakes
- 6 ounces fresh spinach chopped
- 1/4 cup grated Parmesan cheese

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 80 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 35 grams
7. SaturatedFat: 3 grams
8. Sodium: 290 milligrams
9. Sugar: 5 grams

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