



Chicken & Summer Squash Skillet

READY IN



40 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 8 oz philadelphia cream cheese spread
- 3 cups orzo pasta cooked
- 2 Tbsp basil fresh thinly sliced
- 0.5 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 3 Tbsp milk divided
- 1.5 lb chicken breasts boneless skinless
- 2 small squash and zucchini yellow sliced

Equipment

- bowl
- frying pan
- microwave

Directions

- Melt butter in large skillet on medium heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F).
- Transfer to plate; cover to keep warm.
- Mix cream cheese spread, 2 Tbsp. milk and dry seasonings until blended.
- Mix 1/4 cup with remaining milk in small microwaveable bowl; set aside.
- Add vegetables to same skillet; cook 5 min. or until crisp-tender, stirring frequently. Stir in remaining cream cheese mixture; cook and stir 2 min.
- Add orzo; cook and stir 2 min. or until heated through.
- Spoon orzo mixture onto 4 plates; top with chicken. Microwave reserved cream cheese mixture on HIGH 15 to 20 sec. or until heated through; stir. Spoon over chicken; top with basil.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:2.7069565245639%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 60.16kcal (3.01%), Fat: 2.15g (3.3%), Saturated Fat: 1.12g (7%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.46g (0.51%), Cholesterol: 15.3mg (5.1%), Sodium: 49.41mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Selenium: 9.19µg (13.14%), Vitamin B3: 1.86mg (9.32%), Vitamin B6: 0.15mg (7.31%), Phosphorus: 47.72mg (4.77%), Manganese: 0.06mg (3.22%), Vitamin B5: 0.28mg (2.76%), Potassium: 88.24mg (2.52%), Magnesium: 8.5mg (2.13%), Vitamin A: 98.84IU (1.98%), Vitamin K: 1.9µg

(1.81%), Iron: 0.29mg (1.63%), Vitamin B2: 0.03mg (1.62%), Vitamin C: 1.32mg (1.6%), Fiber: 0.34g (1.36%), Zinc: 0.2mg (1.33%), Calcium: 12.36mg (1.24%), Copper: 0.02mg (1.17%), Vitamin B1: 0.02mg (1.16%)