



## Creamy Chicken Parmesan for Two

READY IN



45 min.

SERVINGS



45

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14 oz chicken broth fat-free divided reduced-sodium canned
- 1 cup vegetables mixed frozen thawed (corn, carrots, peas and green beans)
- 2 oz philadelphia neufchatel cheese cubed ()
- 1 tsp oil
- 0.5 cup orzo pasta uncooked
- 2 Tbsp parmesan cheese divided grated kraft
- 2 Tbsp ritz reduced fat crackers crushed finely
- 0.5 lb chicken breasts boneless skinless
- 0.3 cup water

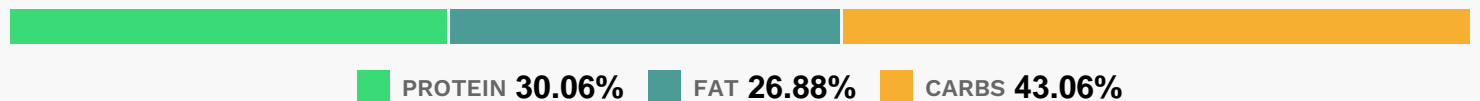
## Equipment

- frying pan
- sauce pan

## Directions

- Mix cracker crumbs and 1 Tbsp. Parmesan on small plate. Rinse chicken with cold water; dip in crumb mixture, turning to evenly coat both sides of each breast. Press crumbs gently into chicken to secure.
- Bring 1 cup broth and water to boil in medium saucepan on medium-high heat.
- Add orzo; simmer on medium-low heat 9 min. or until most of liquid is absorbed and orzo is tender. Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add chicken; cook 5 to 6 min. on each side or until done (165F).
- Remove chicken from skillet, reserving drippings in skillet; cover chicken to keep warm.
- Add Neufchatel and remaining broth to drippings in skillet. Bring just to boil on medium heat, stirring constantly. Simmer 3 min. or until sauce is thickened, stirring frequently. Meanwhile, add vegetables to orzo mixture; simmer 2 min. or until heated through, stirring frequently.
- Spoon orzo mixture onto 2 serving plates; top with chicken. Stir remaining Parmesan into Neufchatel sauce; spoon over chicken.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:1.1852173779322%

## Nutrients (% of daily need)

Calories: 22.42kcal (1.12%), Fat: 0.67g (1.04%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.27g (0.3%), Cholesterol: 4.35mg (1.45%), Sodium: 56.11mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin A: 219.41IU (4.39%), Selenium: 2.99µg (4.27%), Vitamin B3: 0.66mg (3.28%), Vitamin B6: 0.05mg (2.3%), Phosphorus: 20.24mg (2.02%), Manganese: 0.03mg (1.36%), Vitamin B5: 0.1mg (1.04%), Potassium: 35.91mg (1.03%)