



Creamy Lemon-Pepper Orzo with Chicken and Fig Salad

READY IN



75 min.

SERVINGS



4

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons balsamic vinaigrette prepared
- 1 cup figs dried halved
- 4 tablespoons herbs fresh such as basil and tarragon chopped
- 1 large clove garlic minced
- 4 ounces goat cheese crumbled at room temperature finely
- 0.3 cup greek yogurt plain fat-free at room temperature
- 1 juice of lemon
- 4 servings kosher salt and pepper black freshly ground

- 1 tablespoon olive oil extra-virgin
- 1 cup other grain orzo whole wheat whole
- 1 cup peas frozen dry thawed
- 6 cups salad mix prepared
- 3 chicken thighs boneless skinless

Equipment

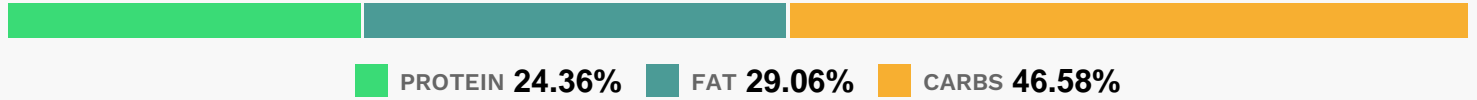
- bowl
- whisk
- pot
- grill
- cutting board

Directions

- Whisk together the yogurt, 2 teaspoons of the oil, the garlic, lemon juice and 1/2 teaspoon each salt and pepper in a medium bowl until well combined.
- Bring a pot of water to a boil and preheat an outdoor or indoor grill to medium heat.
- Rub the chicken thighs with the remaining 1 teaspoon oil and sprinkle with 1/4 teaspoon salt and 1/2 teaspoon pepper. Grill until nicely marked and cooked through, 10 to 12 minutes per side.
- Transfer to a cutting board and let stand for at least 5 minutes.
- Add the orzo to the boiling water and cook according to package directions for al dente, stirring in the peas the last minute of cooking.
- Drain the orzo and peas, reserving 1 cup of the cooking liquid. Stir the orzo and peas into the yogurt mixture, along with half of the goat cheese, 3 tablespoons of the herbs and at least three-quarters of the reserved cooking liquid, until well combined. Evenly divide among four plates.
- Thinly slice the chicken and arrange on top of the orzo.
- Sprinkle with the lemon zest and the remaining 1 tablespoon fresh herbs. Toss the salad greens, figs and vinaigrette together, divide evenly among four small salad plates.
- Sprinkle each with some of the remaining goat cheese.

Serve.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:19.02, Inflammation Score:-9, Nutrition Score:27.550000055977%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 517.06kcal (25.85%), Fat: 16.91g (26.01%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 60.99g (20.33%), Net Carbohydrates: 53.88g (19.59%), Sugar: 22.04g (24.49%), Cholesterol: 94.18mg (31.39%), Sodium: 277.67mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.8%), Vitamin K: 85.69µg (81.61%), Selenium: 46.12µg (65.89%), Vitamin C: 37.32mg (45.24%), Manganese: 0.85mg (42.32%), Phosphorus: 410.67mg (41.07%), Vitamin B3: 6.9mg (34.51%), Vitamin B6: 0.67mg (33.73%), Vitamin A: 1614.35IU (32.29%), Copper: 0.58mg (28.85%), Fiber: 7.11g (28.45%), Vitamin B2: 0.43mg (25.28%), Magnesium: 91.98mg (22.99%), Potassium: 795.46mg (22.73%), Iron: 3.68mg (20.42%), Zinc: 3.02mg (20.15%), Vitamin B1: 0.29mg (19.04%), Folate: 71.15µg (17.79%), Vitamin B5: 1.72mg (17.16%), Calcium: 154.83mg (15.48%), Vitamin B12: 0.68µg (11.4%), Vitamin E: 0.97mg (6.49%)