



## Creamy Lemon-Pepper Orzo with Grilled Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 tablespoons herbs fresh such as basil and tarragon chopped
- 1 large clove garlic minced
- 2 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
- 3 teaspoons olive oil extra-virgin

- 1 cup peas frozen dry thawed
- 3 chicken thighs boneless skinless
- 1 cup other whole-grain orzo whole-wheat

## Equipment

- bowl
- whisk
- pot
- grill
- grill pan
- cutting board

## Directions

- Bring a pot of water to a boil; prepare a grill or grill pan for medium heat.
- Whisk together the yogurt, garlic, lemon juice, 2 teaspoons of the oil and 1/2 teaspoon each salt and pepper in a medium bowl until well combined.
- 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 the package directions for al dente, stirring in the peas during 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 the goat cheese, 3 tablespoons of the herbs and at least 3/4 cup of the cooking liquid, until well combined.
- Transfer to a platter.
- Thinly slice the chicken and arrange on top of the orzo.
- Sprinkle with the lemon zest and the remaining 1 tablespoon herbs.

## Nutrition Facts



■ PROTEIN **43.9%** ■ FAT **42.85%** ■ CARBS **13.25%**

## Properties

Glycemic Index:34.58, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:16.325217407683%

## 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: 206.24kcal (10.31%), Fat: 9.72g (14.95%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 4.5g (1.63%), Sugar: 2.82g (3.13%), Cholesterol: 87.66mg (29.22%), Sodium: 136.43mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.81%), Vitamin K: 79.29µg (75.51%), Selenium: 21.56µg (30.8%), Vitamin B3: 5.64mg (28.22%), Vitamin C: 22.96mg (27.83%), Phosphorus: 255.15mg (25.51%), Vitamin B6: 0.5mg (24.92%), Vitamin B2: 0.29mg (17.23%), Vitamin A: 782.6IU (15.65%), Zinc: 1.99mg (13.27%), Vitamin B1: 0.19mg (12.81%), Vitamin B5: 1.22mg (12.24%), Copper: 0.23mg (11.39%), Vitamin B12: 0.66µg (10.95%), Manganese: 0.21mg (10.5%), Potassium: 351.65mg (10.05%), Iron: 1.78mg (9.9%), Magnesium: 37.91mg (9.48%), Folate: 37.15µg (9.29%), Fiber: 2.26g (9.05%), Calcium: 58.21mg (5.82%), Vitamin E: 0.7mg (4.68%)