

Preventing Women's Heart Disease Through Education



CAROL For Heart

Sauteed Chicken with Orzo and Caramelized Fennel

Servings: 2

- 1 tablespoon olive oil
- 2 5-ounce boneless, skinless chicken breasts
- 1 small onion, diced
- 2 small carrots, diced
- 1 stalk celery, diced
- ½ fennel bulb, diced
- 1 cup cooked orzo
- 1 tablespoon minced fresh dill
- ½ teaspoon aged balsamic vinegar
- ½ teaspoon salt
- ⅛ teaspoon freshly cracked pepper

- Bring a nonstick skillet to medium heat and add ½ tablespoon of the oil.
- Season chicken with salt and pepper. Cook, turning once, until nicely browned and center is cooked through.
- Remove chicken from pan; add remaining oil.
- Cook onion, carrot, celery and fennel to pan. Cook, stirring occasionally, until nicely browned.
- Stir in orzo; cooked, stirring, until heated through. Season with dill.
- Slice chicken. Serve chicken over orzo; drizzle with balsamic vinegar.

Per Serving: Calories 708; Cholesterol 126mg; Protein 53.6g; Sodium 780mg; Carbohydrate 77.7g; Fiber 7.2g; Total fat 19.4g; Saturated fat 3.9g; Calcium 11%

Recipe courtesy of: Denis Chiappa • Carlow Cookery • www.carlowcookery.com

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