

Kalamata Chicken with Orzo (Slow Cooker)

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Servings: 6

1 3/4 chicken leg quarters
2 tablespoons extra-virgin olive oil
1 teaspoon Greek seasoning
5 ounces (one cup) fresh presliced sweet onions
8 ounces mini sweet pepper rings
1 cup chicken broth
1 can (8 ounce) no-salt-added canned tomato sauce
1/2 cup Greek yogurt ranch dressing
1/4 teaspoon crushed red pepper
1/2 cup orzo pasta
1/2 cup pitted Kalamata olive halves
3 cups baby spinach

Preparation Time: 15 minutes

Cut the chicken in half, separating the thigh and drumstick. In a large bowl, place the oil, seasoning and chicken. Toss to coat (wash hands).

Preheat a large nonstick saute' pan on medium-high for 1 to 2 minutes. Place the chicken in the pan, skin-side down. Cook for 3 to 4 minutes on each side or until browned. Transfer the chicken to a slow cooker.

Add the onions and peppers to the saute' pan. Cook for 4 to 5 minutes, stirring occasionally, or until the vegetables begin to brown.

In a bowl, whisk the broth, tomato sauce, dressing and red pepper. Stir into the pan with the onions and peppers until blended. Bring the mixture to a boil. Pour over the chicken. Cover the slow cooker.

Cook on HIGH for two hours (or LOW for four hours).

Stir in the pasta and olives. Cover and cook for 30 to 45 more minutes until the pasta is tender and the chicken pulls easily from the bone. Stir in the spinach.

Serve.

Per Serving (excluding unknown items): 46 Calories; 5g Fat (91.7% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 127mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat.