

Chicken & Orzo with Lemon & Olives

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- 8 chicken thighs (or drumsticks)
Salt, pepper to taste
- 2 tablespoons olive oil
- 1½ cups orzo
- 3 cups chicken broth
- 1 large clove garlic, pressed
- 1 small lemon, cut into 8 wedges
- 1 teaspoon freshly squeezed lemon juice
- ¾ cup pitted Kalamata olives
- 1 large bay leaf
- 3 tablespoons chopped fresh oregano, divided

1. Heat the oven to 350 degrees.
2. Season the chicken legs well on all sides with salt and pepper.
3. In a Dutch oven or large stockpot, heat the olive oil over medium-high heat. Working in batches, brown the chicken well on all sides, about 5 minutes. Remove from the pan.
4. Add the orzo, chicken stock, garlic, lemon wedges and juice, olives, bay leaf and 1 tablespoon of the oregano. Stir to combine all the ingredients, bring to boil, return the chicken to the pan, bring to boil again.
5. Cover and transfer to the oven. Bake for 25 to 30 minutes, until the chicken is done (the meat will be firm and its juices will run clear). Taste and adjust the seasoning if necessary
6. Sprinkle with the remaining oregano and serve.

Each of 8 servings: 317 calories; 21 grams protein; 32 grams carbohydrates; 2 grams fiber; 11 grams fat; 3 grams saturated fat; 48 mg. cholesterol; 622 mg. sodium.