

Providing compassionate care and hope to people facing cancer

Summer 2025 EW III: Greek Chicken Skillet

Ingredients

2 lemons
2 Tbsp. olive oil
2 cloves garlic, minced
1 tsp. dried dill weed or fresh
¼ teaspoon ground pepper
1- pound skinless, boneless chicken breast
halves, halved horizontally
1-carton low sodium chicken broth
¾ cup dried orzo pasta
1 bunch fresh asparagus
¼ cup pitted green olives, optional
¼ cup crumbled feta cheese

Instructions

1. Zest & juice one lemon. In a gallon freezer bag, mix together: lemon zest, lemon juice, oil, dill, garlic, & pepper. Place chicken in bag. Slice remaining lemon; add to bag. Turn to coat chicken. [If you want to freeze the chicken & use at a later date: Remove air from bag seal. Lay flat on a baking sheet. Can freeze up to 3 months if desired.]
2. Place chicken & contents in an extra- large skillet; add chicken broth(use 14 oz.) & 1 Tbsp. olive oil. Bring to a boil; reduce heat. Simmer, covered, 7 minutes. Add orzo. Return to boiling; reduce heat. May add more broth if needed. Simmer covered; 10 more minutes. Add asparagus & olives. Return to boiling; reduce heat. Simmer, covered for 5 minutes more or until orzo is tender. Take temperature of chicken 165 degrees F & then top with feta cheese.

Serving Size: 1 cup, 4 servings

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Nutrition Tip

- Veggies don't just have to be eaten raw or by themselves. They still hold nutritional value, even if frozen, canned or cooked. Try folding them into omelets, blending them into a pasta sauce or smoothie or adding them into a casserole or stir fry!