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## Tarragon Mushroom Orzo with Chicken

Servings = 2

Serving size = about 2 cups.

This recipe can easily be multiplied by 2 or 3.

Cooking time: 30 minutes

This recipe makes very good leftovers. Reheat gently.

	spray olive oil
1 lb.	crimini mushrooms (sliced)
1 tsp.	fresh tarragon (or 1/3 tsp. dried)
3 quarts	water
4 ounces	orzo
4 tsp.	olive oil
2 Tbsp.	pinenuts
1 cup	peas
8 ounces	chicken breast (cut into 1/2 inch cubes)
1/4 cup	low-fat chicken stock
1/4 tsp.	salt
1 small	yellow squash (seeded and cut into strips)
to taste	fresh ground black pepper

Spray a large skillet lightly with olive oil. Place over medium-high heat and add the mushrooms. Cook, tossing frequently, until the mushrooms are well browned. The more caramelized the better the flavor will be. Add the tarragon to the mushrooms just as they are finished. Remove the mushrooms from the pan to a plate.

Place the water in a medium stock pot or large sauce pan over high heat. When the water is boiling add the orzo.

While the orzo is cooking add the olive oil to the large skillet and place over medium heat. Add the pinenuts and peas. Cook gently until the pinenuts just begin to turn brown and add the chicken breast.

Cook, tossing frequently, until the chicken breast loses all of its pink on the outside. Add the chicken stock and the salt.

Cook over medium heat for about 10 minutes. During this time the orzo should be done. Add about 1/4 cup of the pasta water to the skillet as the chicken cooks.

When the chicken is done add the yellow squash and toss well.

Drain the orzo and add it to the skillet. Cook for about 1 minute and serve.

### Nutrition Facts

Serving size	1 cup
Servings	4
Calories 202	
Calories from Fat 72	% Daily Value
Total Fat 8 g	12 %
Saturated Fat 2 g	10 %
Trans Fat 0 g	
Monounsaturated Fat 4 g	
Cholesterol 41 mg	14 %

Sodium 465 mg	19 %
Total Carbohydrates 8 g	3 %
Dietary Fiber 1 g	4 %
Sugars 5 g	
Protein 22 g	
Vitamin A 18 %	Vitamin C 25 %
Calcium 5 %	Iron 7 %
Vitamin K - 6 mcg	
Potassium xx mg	
Magnesium xx mg	

"Time is an herb that cures all Diseases." Benjamin Franklin, *Statesman*

**The refrigerator light goes on...**

Tarragon can be very strong if you use too much of it. For each serving a rule of thumb is about a half teaspoon or less of fresh and about 1/4 teaspoon or less of dried. If you're making enough food for eight people or more you might want a little bit extra but too much will make your dish taste bitter instead of it having that lovely aromatic flavor that tarragon imparts to a recipe.