

CHICKEN AVGOLEMONO WITH ORZO



Ingredients:

2	Pounds	Chicken Breast, boneless/skinless
2	Tablespoons	Olive Oil
1	Medium	Onion, chopped
2	Cloves	Garlic, minced
1	Large	Carrot, shredded
2	Cups	Chicken Broth
2	Teaspoons	Salt
½	Teaspoon	Black Pepper
2	Teaspoons	Cornstarch
¼	Cup	Lemon Juice
4	Large	Eggs
¼	Cup	Water
½	Cup	Half and Half
1	Cup	Baby Spinach, chopped fine
1	Cup	Dried Orzo, cooked very al dente

Directions:

1. Pound chicken until evenly thin, then cut into bite sized pieces. Season with salt & pepper. Saute in olive oil until golden brown. Remove from pan and add carrot and onion. Saute until onion is translucent. Add the garlic and saute 2 minutes.
2. Add chicken back to pan, along with chicken broth. Bring to a boil, then reduce heat and simmer for 4 – 6 minutes, until chicken is no longer pink in center.
3. Place the eggs and lemon juice into food processor and blend until combined. Add the water, cornstarch and half & half and continue processing until thoroughly combined. Ladle 1 cup hot broth into a container with pourable spout. With food processor running, slowly pour broth into food processor.
4. Pour mixture into pan, with chopped spinach and cooked orzo, and stir to combine. Heat, stirring occasionally, until thickened and orzo is tender.