



Mediterranean Orzo

Ingredients:

2 cups orzo

6 oz yellow onions, chopped

6 oz tomatoes, dices

8 oz grilled chicken, sliced

10 brussel sprouts, halved

2 oz black olives

3 oz extra virgin olive oil

Salt and pepper.

Directions:

Cook orzo according to directions on the package.

Coat the bottom of a large pan with 2 ounces of olive oil and put the brussel sprouts in face down and heat up to medium high. Let the brussel sprouts caramelize in the pan for about 8 minutes and add in remaining oil, onions, tomatoes and olives.

Cook with a ladle of pasta water then add the orzo and grilled chicken. Season with salt and pepper before serving.

