

Baked Chicken and Garlic Orzo

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- 4 chicken breast halves, skinned
 - ¼ cup dry white wine
 - 10 ounces uncooked orzo pasta
 - 1 cup chopped onions
 - 4 cloves garlic, minced
 - 2 tablespoons chopped fresh parsley
 - 1 teaspoon dried oregano
 - 1 can (about 14 ounces) fat-free reduced-sodium chicken broth
 - Paprika
 - 1 teaspoon lemon pepper
 - ¼ teaspoon salt
 - 2 teaspoons olive oil
 - 1 lemon, cut into 8 wedges

1. Preheat oven to 350°F. Spray large nonstick skillet with cooking spray; heat over high heat until hot. Add chicken breast halves. Cook meat side down, 1 to 2 minutes or until lightly browned; set aside.
2. Reduce heat to medium-high; add wine. Stir with flat spatula, scraping brown bits from bottom of pan. Cook 30 seconds or until slightly reduced; set aside.
3. Spray 9-inch square baking pan with nonstick cooking spray. Add pasta, onions, garlic, parsley, oregano, chicken broth, ¼ cup water and wine mixture; stir. Place chicken breasts on top. Sprinkle lightly with paprika and lemon pepper. Bake, uncovered, 1 hour and 10 minutes. Remove chicken. Add salt and olive oil to baking pan; mix well. Place chicken on top. Serve with fresh lemon wedges.

Makes 4 servings

Pastitso

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- 8 ounces uncooked orzo
 - ½ cup cholesterol-free margarine
 - ¼ teaspoon ground nutmeg
 - ¾ pound lean ground lamb
 - ½ cup chopped onion
 - 1 clove garlic, minced
 - 1 can (8 ounces) tomato sauce
 - ¾ teaspoon dried mint
 - ½ teaspoon dried oregano
 - ½ teaspoon black pepper
 - ⅛ teaspoon ground cinnamon
 - 2 teaspoons reduced-fat margarine
 - 3 tablespoons all-purpose flour
 - 1½ cups skim milk
 - 2 tablespoons grated Parmesan cheese

Cook pasta according to package directions. Drain and transfer to medium saucepan. Add margarine, nutmeg, and onion. Spread pasta mixture in baking dish.

Preheat oven to 350°F. Cook lamb in large nonstick skillet until lamb is no longer pink. Add tomato sauce, mint, oregano, pepper, and cinnamon. Reduce heat to low and simmer until thick. Spread over pasta.

Melt margarine in small saucepan over low heat. Add flour. Stir 1 minute. Cook, stirring constantly, until thick. Add milk. Cook 6 minutes; spread over meat mixture. Sprinkle with cheese. Bake 30 to 40 minutes.