

Rosemary Garlic Chicken with Fresh Veggie Orzo

Get ready to bring the farmer's market to your table with this fresh, clean, and flavor-packed take on a classic comfort meal. We've stripped out the oils, ditched the gluten, tossed the freezer bags, and upgraded every ingredient to pure, organic goodness.

Here's your Oil-Free, Organic, Gluten-Free Rosemary Garlic Chicken with Vegetable Orzo - perfect for a healthy dinner that tastes like you spent hours in the kitchen (spoiler: you didn't).

What You'll Need (all organic & fresh):

- 2 pounds boneless, skinless chicken breasts (or thighs if you prefer juicy!)
- ½ cup fresh rosemary + 4 cloves minced garlic
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1 yellow summer squash, chopped
- 6 cups baby spinach (yes, you'll use it all - it wilts!)
- 12 oz gluten-free orzo pasta (we like chickpea or rice-based options)
- 4 oz crumbled organic dairy-free feta (optional but delightful)
- Freshly squeezed lemon juice
- Sea salt + cracked black pepper to taste

Let's Get Cooking:

- Marinate the Chicken: In a bowl, combine minced garlic, chopped fresh rosemary, a few squeezes of lemon juice, sea salt, and black pepper. Rub over the chicken and let it sit for 30 minutes (or overnight if you're planning ahead like a pro).
- Cook the Chicken: Sear chicken in a nonstick ceramic skillet or bake at 375°F for 25 minutes until cooked through. Set aside to rest.
- Boil the Pasta: Cook gluten-free orzo according to package directions. Drain and set aside.
- Sauté the Veggies: In a large nonstick pan with a splash of water or veggie broth (no oil needed!), toss in zucchini, squash, bell pepper, and baby spinach. Cook until tender and vibrant, about 6-7

minutes.

- Combine & Serve: Toss the cooked orzo with the sautéed veggies. Slice the rested chicken and place on top. Sprinkle with dairy-free feta if using, and finish with a fresh squeeze of lemon juice.

P.S. This pairs beautifully with a rosemary garlic potato salad or a citrusy green side. Bonus points if you eat barefoot on the porch.