

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 Tbsp Olive Oil
- 4 Italian Chicken Sausages, sliced
- 1 Tbsp Minced Garlic
- 8 oz Dry Orzo
- 2 Cups Low Sodium Chicken Broth
- 1/4 Cup Half and Half
- Salt, Pepper, Garlic Powder, Onion Powder, Red Pepper Flakes
- 2 Cups Spinach
- 1/2 Cup Shredded Parmesan

DIRECTIONS

- 1.Heat olive oil over medium heat. Add sliced chicken sausage and cook for 7-8 minutes.
- 2.Add minced garlic and cook for 1 more minute.
- 3.Add Orzo and cook for another minute until the orzo is lightly toasted.
- 4.Deglaze the pan with the chicken broth. Add in the half and half and seasonings. Measure with your heart.
- 5.Bring to a boil. Cover and reduce heat. Simmer for 10-12 minutes or until the orzo is fully cooked.
- 6.Stir in spinach until wilted. Stir in the parmesan. Serve.