



dilled chicken-orzo casserole

Orzo, which means “rice” in Italian, is quick-cooking pasta. Be careful not to overcook it.

PREP: 30 minutes

BAKE: 35 minutes at 350°F

- 8 ounces dried orzo pasta (rosamarina)
- 1 2- to 2¼-pound purchased roasted chicken
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 14.5-ounce can chicken broth
- 2 tablespoons snipped fresh dill
- 2 tablespoons capers, drained
- 1 tablespoon Dijon-style mustard
- 1 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups baby pattypan squash, halved, or 1 medium yellow summer squash, halved lengthwise and sliced (1¼ cups)
- 1 red sweet pepper, seeded and cut into bite-size strips
- ½ of a medium red onion, thinly sliced
- ¼ cup pine nuts, toasted
- Fresh dill

1. Preheat oven to 350°F. Cook pasta according to package directions; drain. Meanwhile, remove chicken from bones, discarding skin and bones. Using two forks, pull chicken apart into coarse shreds.

2. In a medium saucepan heat butter over medium heat until melted. Stir in flour. Gradually stir in broth. Cook and stir until mixture is thickened and bubbly. Stir in 2 tablespoons dill, capers, mustard, lemon peel, lemon juice, salt, and black pepper.

3. In a large bowl combine cooked pasta, shredded chicken, dill mixture, squash, sweet pepper, and onion. Transfer mixture to an ungreased 3-quart shallow baking dish.

4. Bake, covered, about 35 minutes or until heated through. Sprinkle with pine nuts and garnish with additional fresh dill. **Makes 6 servings.**

Per serving: 598 cal., 33 g fat (11 g sat. fat), 178 mg chol., 1,724 mg sodium, 37 g carb., 3 g fiber, 42 g pro.

SIMPLE SWAP

If you like, use chopped zucchini in place of the baby pattypan squash.