

From the Kitchen of Gail Johnson

Chicken Thighs with Orzo & Green Beans

- 1/2 pound green beans – cut in half**
- 20 cherry tomatoes – cut in half**
- 8 chicken thighs (boned, no skin) – a little over 1 lb**
- 1 cup orzo - prepared per package directions**
- 4 tablespoons bottled citrus-herb marinade**
- 2 tablespoons extra-virgin olive oil**

1. Coat a large baking dish with 1 tablespoon of olive oil. Brush thighs with citrus-herb marinade and place them in a single layer on the bottom of the baking dish.

2. Put baking dish in a 375° F oven and roast for 15 minutes. Turn thighs, brush again with marinade, and bake for another 15 minutes. Turn thighs to original side and broil until brown.

3. Place green beans in a skillet. Add 1/4-inch of water and cook over medium heat until water boils off. Add cherry tomatoes and remaining olive oil. Stir well and sauté for a few minutes. Season with fresh rosemary and oregano. Salt and pepper to taste.

Serves 4. One plate consisting of two thighs (290 Calories) with green beans & tomato mix (70 Calories) and orzo (160 Calories) totals 520 Calories.

