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### **Note:**

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## Chicken & Sun-Dried Tomato Orzo

- 8 Ounces orzo, preferably whole-wheat
- 1 Cup water
- ½ Cup chopped sun-dried tomatoes, (not oil-packed), divided
- 1 Plum tomato, diced
- 1 Clove garlic, peeled
- 3 Teaspoons chopped fresh marjoram, divided
- 1 Tablespoon red-wine vinegar
- 2 Teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 4 Boneless, skinless chicken breasts, trimmed (1-1 ¼ pounds)
- ¼ Teaspoon salt
- ¼ Teaspoon freshly ground pepper
- 1 9-ounce package frozen artichoke hearts, thawed
- ½ Cup finely shredded Romano cheese, divided

1. Cook orzo in a large saucepan of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse.
2. Meanwhile, place 1 cup water, ¼ cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.
3. Season chicken with salt and pepper on both sides. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.
4. Pour the tomato sauce into the pan and bring to a boil. Measure out ½ cup sauce to a small bowl. Add the remaining ¼ cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring, until heated through, 1 to 2 minutes. Divide among 4 plates.
5. Slice the chicken. Top each portion of pasta with sliced chicken, 2 tablespoons of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

