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# Chicken and Sun-Dried Tomato Orzo

**Prep Time:** 10 mins

**Cook Time:** 22 mins

**Total Time:** 32 mins

## Ingredients

- 8 ounce(s) orzo (rosamarina), preferably whole-wheat
- 1 cup(s) water
- 1/2 cup(s) tomato(es), sun-dried, (not oil-packed), chopped, divided
- 1 medium tomato(es), plum, diced
- 1 clove(s) garlic, peeled
- 3 teaspoon marjoram, fresh, chopped, divided
- 1 tablespoon vinegar, red wine
- 1 2/3 tablespoon oil, olive, extra virgin, divided
- 4 piece(s) chicken, breast, boneless, skinless, (1-1 1/4 pounds)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 9 ounce(s) artichoke hearts, frozen, thawed
- 1/2 cup(s) cheese, Romano, finely shredded, divided

## Preparation

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, 1/4 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 1/2 cup sauce to a small bowl. Add the remaining 1/4 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.

