

Like it!

Garlic and Herb Butter

Ingredients

- ½ c softened butter
- 1 t finely chopped dried parsley, basil or herb of choice
- ½ t minced garlic
- 1-3 t lemon juice
- Salt and pepper to taste

Directions

1. Mix all ingredients together
2. Shape the mixture into a roll
3. Wrap it tightly with saran wrap
4. Freezer up to 6 months
5. Slice of amounts as needed

Yield 8 servings

Nutrition Facts per Serving:
Calories 100; Fat 12g; Cholesterol 30mg; Sodium 140;
Carbohydrates 0g; Sugar 0g; Fiber 0g; Protein 0g

Orzo Garlic Chicken

Ingredients

- 1 cup cooked orzo pasta
- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- ¼ teaspoon crushed red pepper
- 2 (8 ounce) boneless, skinless chicken breast halves, cut into bite size pieces
- 1 tablespoon fresh parsley
- 1 cups fresh spinach leaves
- ¼ cup reduced fat, grated parmesan cheese

Directions

Bring a large pot of water to boil. Add orzo pasta, cook for 8-10 minutes, and drain. Heat the oil in a skillet over medium-high heat and cook the garlic and red pepper 1 minute until garlic is golden brown. Stir in chicken and cook 2-5 minutes, until lightly brown and juices run clear. Reduce heat to medium, and mix in parsley and cooked orzo. Place spinach in the skillet; continue cooking for 5 minutes, stirring occasionally until spinach is wilted. Serve topped with Parmesan cheese.

Nutrition Facts per Serving:
Calories 320; Fat 11g; Cholesterol 85mg; Sodium 150mg; Carbohydrate 23g; Fiber 1g; Sugar 1g; Protein 31g

Lakota word translate by Jeshua Estes

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

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