

Tomato, Asparagus, & Pesto Salad with Chicken

©2010, Scott Duncan

2 boneless chicken breast halves
2 T olive oil, divided
1 C orzo
2 C chicken stock
1 pint grape tomatoes, halved

1 lb asparagus, trimmed and cut into 2" pieces
½ C frozen corn, thawed
¼ C prepared pesto
Salt & pepper to taste

In a medium saucepan over medium heat, add chicken stock, orzo, and salt & pepper to taste. Simmer until al dente, stirring occasionally. Most of the liquid will be absorbed by the orzo.

While orzo is simmering, preheat skillet over medium high heat. Season chicken breasts with salt & pepper. Add 1 T olive oil to skillet and sauté chicken 6-8 minutes per side. Remove from pan and allow to rest for 5 minutes before cutting.

As chicken rests, add remaining olive oil to same pan and sauté asparagus for 4-5 minutes.

In a large mixing bowl, combine grape tomatoes, corn, pesto, asparagus, and orzo (with remaining chicken stock). Toss to combine and check seasonings.

Slice chicken and serve atop orzo salad.

Serves 4

