

Smothered Queso Chicken

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4 servings, 8 FSP per serving

So yummy, filling and delicious and just has a wee bit of a kick.

***I do not count the marinade – so little of it is used that I don't count it. ***

- 1 bottle Lawry's Baja Chipotle Marinade
- 4 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 8 ounces orzo
- 2 cups chicken broth
- 2 Tbsp tomato paste
- 2 tsp Southwest seasoning or chili powder
- 8 ounce jar queso cheese
- 1 can Rotel

1. Marinate chicken in Baja marinade 30 minutes or longer. Grill chicken until done.
2. While the chicken is grilling prepare the orzo. Heat oil in a large saucepan over medium heat and add orzo Cook, stirring constantly until lightly browned. Stir in Southwest seasoning or chili powder, tomato paste, 3/4 can of Rotel and chicken broth. Bring to a boil. Reduce heat to low. Cover and simmer 15-20 minutes. Fluff with fork.
3. Heat queso for 30 seconds in microwave. Heat remaining Rotel. Weigh orzo on food scale and divide into 4 portions. Plate orzo, place a piece of chicken on top,

top with 31 gm (about 2 Tbsp) of queso and garnish with Rotel.