



Grilled Chicken & Vegetable Orzo Salad

Makes: 6 servings

Active Time: 35 minutes

Total Time: 45 minutes

- 6 ounces uncooked whole-wheat or regular orzo (about 1 cup)
- 3 8-ounce boneless, skinless chicken breasts
- 1 & 1/4 tsp kosher salt, divided
- 1 tsp black pepper, divided
- 2 ears fresh corn, shucked
- 1 large zucchini, cut lengthwise into quarters
- 1/2 cup olive oil
- 1/4 cup fresh lime juice (from 2 limes)
- 1 tbsp minced shallot
- 1 tsp Dijon mustard
- 1/2 tsp honey
- 2 cups baby arugula
- 3 ounces goat cheese, crumbled (about 3/4 cup)

Cook orzo according to package directions, omitting salt and fat. Drain and rinse with cold water.

Preheat grill to high (450°F to 550°F). Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place chicken on oiled grates. Grill, uncovered, until chicken is done, about 10 minutes, turning after 5 minutes. Let stand 5 minutes; cut into 1/2-inch-thick slices.

Place corn and zucchini on oiled grates, and grill, uncovered, until crisp-tender, about 8 minutes, turning frequently to create grill marks on all sides. Cut kernels off corn, and coarsely chop zucchini.

Whisk together oil, lime juice, shallot, mustard, honey, remaining 3/4 teaspoon salt, and remaining 3/4 teaspoon pepper in a large bowl. Add cooked orzo, corn kernels, chopped zucchini, and arugula; toss well to coat. Divide orzo mixture evenly among 6 plates. Arrange chicken slices over orzo mixture, and top with goat cheese.