

# Chicken Bianco with Orzo

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

## Servings: 8

*1 to 1-1/2 pounds Italian sausage, sweet with natural casings*  
*3 tablespoons olive oil*  
*2 cloves garlic, quartered*  
*4 whole chicken breasts, split, skinned & boned*  
*1 teaspoon salt*  
*1/8 teaspoon pepper*  
*1 1/2 cups white wine (Bianco)*  
*1/2 cup chicken broth*  
*1/2 pound fresh mushrooms, sliced*  
*2 tablespoons cornstarch*  
*8 ounces orzo (rice-shaped pasta)*  
*minced parsley (for garnish)*

Preheat the oven to 350 degrees.

In a twelve-inch skillet over medium heat, heat the sausage in 1/4 cup of water to boiling. Cover and cook for 5 to 10 minutes. Remove the cover. Cook until the sausages are browned, about 20 minutes, turning frequently and pricking to reduce the fat. Remove from the heat. Cool and cut into 1/2-inch slices.

Drain the fat from the skillet. Wipe the skillet with a clean paper towel. Add olive oil and the garlic. Cook until the garlic is golden brown. Remove with a slotted spoon and discard.

Add the chicken breasts to the skillet and cook to lightly brown. Place the chicken and sausage in a large baking dish. Set aside.

Drain all but two tablespoons of fat from the skillet. Stir in the salt, pepper, wine, chicken broth and mushrooms

In a bowl, mix the cornstarch with 1/4 cup of cold water. Blend until smooth. Add to the wine-mushroom mixture. Cook over low heat, stirring constantly, until thickened. Pour the mixture over the chicken and sausage. Cover the baking dish tightly with foil. (At this point the casserole may be refrigerated and baked later.)

Bake for 30 minutes (if refrigerated, bake for 45 minutes).

In the meantime, cook the orzo according to package directions.

Serve. Spoon the sauce over the meat and pasta. Sprinkle with parsley.

Per Serving (excluding unknown items): 361 Calories; 23g Fat (58.6% calories from fat); 33g Protein; 4g Carbohydrate; trace Dietary Fiber; 104mg Cholesterol; 510mg Sodium. Exchanges: Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Fat.