

CHICKEN WITH TABBOULEH

SERVES 6

6 chicken breasts (boneless, skinless, 4 oz)
1/2 cup bulgur wheat
1 cup fresh parsley (chopped)
1 cup cucumber (diced)
1 cup green onion (chopped)
2 cup fresh tomatoes (diced)
3/4 cup boiling water
2 Tbsp olive oil
1/4 cup lemon juice
1 tsp dry mint leaves
1 tsp pepper
feta cheese (for garnish)

- Turn the griddle on and preheat oven to 325° F.
- In a heat-proof bowl, pour the boiling water over the bulgur wheat. Add lemon juice and 3/4 of the olive oil. Stir; cover the bowl with plastic wrap and allow the bulgar to stand at room temperature for about an hour.
- Rub chicken breast with the rest of the olive oil and sprinkle it with pepper. Grill chicken on both side just enough to make the grill marks, transfer chicken to a sheet pan and finish cooking in the oven. Do not overcook it. Set aside until cool enough to handle.
- Cut the chicken into a medium dice and add to the Tabbouleh. Add the rest of the ingredients and mix well. Cover and refrigerate until serving time.
- When plating, garnish with feta cheese.



Serving Size:	1
Calories:	234
Fat:	8 gm
Protein:	27 gm
Carbohydrates:	14 gm
Sodium:	143 mg
Fiber:	3 gm

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