

Chicken and Veggies with Bulgur Recipe of the Month - September 2013



Running late? Bulgur wheat is a whole grain timesaver that's ready in 20 minutes.

Prep Time: 25 Min

Start to Finish: 30 Min

Makes: 4 servings (1 cup each)

INGREDIENTS

2 cups reduced-sodium chicken broth
1 cup uncooked bulgur wheat
1/2 teaspoon dried dill weed
1/8 teaspoon garlic powder
1/2 lb. boneless skinless chicken breasts, cut into 3/4-inch pieces
2 teaspoons canola oil
2 1/2 cups thinly sliced zucchini or carrots (about 2 medium zucchini or 5 medium carrots)
1 medium onion, cut in half lengthwise, then cut crosswise into thin slices

DIRECTIONS

1. In 1 1/2-quart saucepan, heat broth to boiling. Stir in bulgur, dill weed and garlic powder. Reduce heat to low; cover and simmer 20 to 25 minutes or until bulgur is tender. Remove from heat.
2. Meanwhile, spray 10-inch skillet with cooking spray; heat over medium-high heat. Add chicken; cook about 4 minutes, stirring frequently, until no longer pink in center. Remove chicken from skillet; keep warm.
3. Add oil to skillet; rotate skillet to coat with oil. Add zucchini and onion; cook about 4 to 5 minutes, stirring frequently, until vegetables are crisp-tender. Stir in chicken. Toss with cooked bulgur.

Recipe Provides: Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 cup	Calories:	250	Calories from Fat:	45
Total Fat:	5 g	Saturated Fat:	1 g	Cholesterol:	35 mg
Sodium:		Total Carbohydrate:	33 g	Dietary Fiber:	8 g
Sugars:	3 g	Protein:	19 g		



This recipe adapted from WWW.eatbetterearly.com