

Seared Chicken Bulgur Bowl

Serving Size 1 1/4 cups

Servings 4

Prep Time 3 min

Cook Time 11 min



Nutrition Information

Calories	236
Fat	5.2 g
Saturated fat	1 g
Protein	21.2 g
Carbs	28.2 g
Fiber	10 g
Sodium	294 mg
Sugar	3.5 g

Health Benefit

High Fiber

Nutty bulgur is the star of this quick, protein-rich dish

Ingredients

1 cup [water](#)

1/2 cup uncooked [quick-cooking bulgur](#)

1 1/2 cups cubed cooked [chicken breast \(about 1/2 pound\)](#)

1 cup finely chopped [Parsley](#)

1 (14-ounce) can quartered [artichoke hearts, drained and coarsely chopped](#)

1 cup [grape tomatoes, halved](#)

1/3 cup [light Northern Italian salad dressing with basil and Romano \(such as Ken's Steak House Lite\)](#)

2 tablespoons [fresh lemon juice](#)

Directions

1. Heat chicken according to package directions.
2. Boil 1 cup of water in a saucepan. Add in bulgur, then reduce heat, cover, and simmer until liquid is absorbed. Drain the bulgur.
3. Combine bulgur, chicken, artichoke hearts, lemon juice, tomatoes, dressing, and parsley in a

large bowl.

4. Toss ingredients to coat. Garnish with your favorite herb.

Cooking Light Fresh Food Fast, Oxmoor House 2009