

Tabbouleh Salad with Chicken and Red Pepper

Yield: 4 servings

Standing Time: 35 minutes

Ingredients

- 1/2 cup bulgur, uncooked
- 1 1/2 cups cherry tomato
- 1/2 cup English cucumber
- 1/2 cup red bell pepper
- 3/4 cup chicken breast, cooked
- 3/4 cup fresh flat-leaf parsley
- 1/4 cup fresh mint
- 1 1/2 Tablespoons fresh lemon juice
- 1 Tablespoon extra-virgin olive oil
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon salt

Preparation Instructions

1. Bring water to boil. In a large heatproof bowl combine bulgur and water and cook according to package instructions.
2. While the bulgur is cooking, chop cherry tomatoes, cucumber, red bell pepper, parsley and mint. Shred cooked chicken breast. Set all ingredients aside.
3. Drain water from the bulgur; return bulgur to bowl and let cool.
4. Add all ingredients to bulgur; toss well.

Nutrition Analysis

Per Serving: 160 calories; 5g fat (1g saturated, 0g trans); 20mg cholesterol; 180mg sodium; 18g carbohydrate (4g dietary fiber; 3g sugar); 11g protein. Vitamin A 40%, Vitamin C 80%, Calcium 4%, Iron 10% Daily Value.

Cost

Per serving: \$1.97

Source: modified from www.cookinglight.com.

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