

Pan-Seared Chicken & Sautéed Bulgur

with Tomato salad & Creamy Lemon-Yogurt Sauce

The best things are simple.
Let's keep them that way.
This light, zesty summer meal
relies on naturally delicious
flavors. A fresh tomato and
cucumber salad provides
a juicy, crunchy element to
complement the wholesome,
nutty chew of bulgur. Topped
with seared chicken and
dressed with lemon-yogurt,
this kind of simple fare lets the
flavors of the season speak for
themselves.



Ingredients

- 2 Cloves Garlic
- 1 English Cucumber
- 1 Large Bunch Parsley
- 1 Lemon
- 1 Shallot
- ¼ Pound Heirloom Cherry Tomatoes
- ¾ Cup Bulgur
- ½ Cup Plain, Nonfat Greek Yogurt
- 2 Boneless, Skinless Chicken Breasts
- ¼ Cup Microgreens

Makes 2 Servings
About 550 Calories Per Serving



Instructions

1



Cook the bulgur:

Heat a small pot of salted water to boiling on high. Once boiling, add the **bulgur** and cook 12 to 14 minutes, or until tender but still slightly chewy. Using a fine strainer, drain the bulgur thoroughly. Set aside as you continue cooking.

2



Prepare the ingredients:

While the bulgur cooks, wash and dry the fresh produce. Peel and mince the garlic. Peel and remove both ends of the cucumber. Cut the cucumber in half lengthwise; remove and discard the seeds. Medium dice the cucumber. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and mince the shallot. Quarter the tomatoes lengthwise.

3



Make the tomato salad & lemon-yogurt sauce:

While the bulgur continues to cook, in a medium bowl, combine the **cucumber, tomatoes, the juice of 2 lemon wedges** and **half of both the shallot and parsley**. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. To make the lemon-yogurt sauce, in a small bowl, combine the **Greek yogurt** and **lemon zest**. Slowly whisk in a drizzle of olive oil and season with salt and pepper to taste. Set aside as you continue cooking.

4



Cook the chicken:

Pat the **chicken** dry with paper towels and season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **seasoned chicken** and cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until cooked through. Transfer the cooked chicken to a plate, leaving any drippings and browned bits in the pan. Set the chicken aside in a warm place as you continue cooking.

5



Finish the bulgur:

In the same pan used to cook the chicken, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic, remaining shallot** and **remaining parsley**. Cook, stirring frequently, 30 seconds to 1 minute or until fragrant. Add the **cooked bulgur, the juice of the remaining lemon wedges** and **½ cup of water**. Cook, scraping any browned bits from the bottom of the pan, 1 to 2 minutes, or until well combined and heated through. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

To plate your dish, thinly slice the **cooked chicken**. Add any juices from the sliced chicken to the bulgur; stir to combine. Divide the **sautéed bulgur** and **sliced chicken** between 2 plates. Top with a few spoonfuls of **yogurt sauce** and the **tomato salad**. Garnish with the **microgreens**. Enjoy!