

August 29, 2014

RECIPE: Bulgur Chicken & Green Bean Salad

Mixed Greens topped with Chicken, Bulgur, Mozzarella and Green Beans in a fresh Herb Vinaigrette

Servings: 6

- 2 cups chicken broth
- 2 cups bulgur
- 1/3 cup balsamic vinegar, and red wine vinegar (1/6 cup of each)
- 4 8 ounces chicken breast halves
- 1 1/2 teaspoons salt, divided use
- 3/4 teaspoon black pepper, divided use
- 1 tablespoon olive oil
- 1/4 cup dry vermouth
- 1/4 cup chicken broth
- 3/4 pound green beans, fresh
- 1 teaspoon thyme, fresh, minced
- 1 teaspoon oregano, fresh, minced
- 1 teaspoon rosemary, fresh, minced
- 1 cup olive oil, extra virgin
- 3 cloves garlic, minced
- 8 ounces Mozzarella cheese, 1/2 inch cubes
- 3 tomatoes, medium
- 4 cups mixed salad greens

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Bring chicken broth to a boil. Pour over bulgur and cover with a tight fitting lid. Let stand at least 45 minutes, until bulgur absorbs all the liquid.

Preheat oven to 425 degrees. Place chicken breasts on a baking pan and season with 1/2 tsp. salt and 1/4 tsp. pepper. Drizzle with the regular olive oil. Pour the vermouth and the chicken broth around the chicken. Bake approximately 25 minutes, until the chicken is cooked through. Remove from oven and let cool. Remove the meat from the bones and shred.

Cook the green beans in water with 1/2 tsp. of the salt, just until they are “crisp-tender” (7 minutes). Remove from heat and immediately drain, then plunge into a large bowl of ice water to cool. This retains their fresh green color and crispness. Drain from ice water when cooled thoroughly and cut into julienne strips.

Dressing: Whisk balsamic and red wine vinegar in a bowl. Add the remaining 1/2 tsp salt and 1/2 tsp pepper and all of the fresh minced herbs (thyme, oregano, rosemary). Whisk in the extra virgin olive oil and the garlic.

In a large bowl, toss the bulgur, chicken, green beans, and cheese with the dressing. Place in 3 round #3 containers and store in refrigerator. Store tomatoes at room temperature. Store olives in a round #7 container in the refrigerator. Wrap cut and cleaned greens in a paper towel and place in a ziplock bag. Store in the refrigerator.

To serve:

Assemble the dish by placing the salad greens on plates. Top the greens with the chicken and bulgur mixture. Cut the tomatoes into 6 wedges each and place 3 on each salad. Garnish with 6 Kalamata olives each.

Serving Suggestions:

Good (crusty) Bread, Focaccia or Italian Snack Bread

