



Mediterranean Chicken and Bulgur Skillet

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: $\frac{3}{4}$ cup of the bulgur mixture and $\frac{1}{4}$ th of the chicken

Ingredients

- 1 tablespoon oil
- 1 pound skinless, boneless chicken breasts
- 1 cup red onion, thinly sliced
- 3 cloves garlic, thinly sliced
- $\frac{1}{2}$ cup bulgur, uncooked
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon dried oregano
- 4 cups chopped kale
- $\frac{1}{2}$ medium bell pepper, diced
- 1 cup (8 ounces) low-sodium chicken broth
- $\frac{1}{2}$ cups feta cheese, crumbled
- 1 teaspoon dried dill (or 1 tablespoon fresh)

Directions

1. Preheat the oven to 400°F.
2. Heat a large oven-safe skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the chicken and cook until browned on both sides, about 3 minutes per side. Transfer the chicken to a plate.
5. Add the onion and garlic to the now-empty pan. Cook, stirring occasionally, until lightly browned, about 5 minutes.
6. Add the bulgur, black pepper, and oregano. Cook, stirring often, until fragrant and toasted, about 2 minutes.
7. Add the kale and bell pepper. Cook, stirring constantly, until kale begins to wilt, about 2 minutes.
8. Add the broth and bring to a boil. Remove the pan from the heat and place the chicken into the bulgur mixture.
9. Cover the pan with a lid and place in the oven. Bake until the chicken is fully cooked, about 12-15 minutes.
10. Serve, sprinkled with the feta and dill.

Recipe Notes

- For a bolder flavor, try using $\frac{1}{2}$ cups sliced roasted red bell peppers in place of bell pepper.

Nutrition Facts Per Serving: Calories: 340 | Total Fat: 12 g | Saturated Fat: 5 g
Sodium: 300 mg | Total Carbohydrate: 26.5 g | Dietary Fiber: 5.5 g | Protein: 33.5 g

Adapted from Cooking Light | Submitted by Janelle Kramer MS, RD, LDN
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