Mediterranean Chicken and Bulgur Skillet

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

Yield: 4 servings | Serving Size: ¾ cup of the bulgur mixture and ¼th of the chicken

Ingredients

- 1 tablespoon oil
- 1 pound skinless, boneless chicken breasts
- 1 cup red onion, thinly sliced
- 3 cloves garlic, thinly sliced
- ½ cup bulgur, uncooked
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- 4 cups chopped kale
- ½ medium bell pepper, diced
- 1 cup (8 ounces) low-sodium chicken broth
- ½ 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 ½ 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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