# honey-rosemary chicken and bulgur with parmesan kale salad

TOTAL TIME
50 minutes
MAKES 4
SERVINGS



#### APRON'S ADVICE

Complete your meal with whole wheat bread, peach tea, and apple strudel for dessert. For this recipe, don''t use the spice packet from the tabbouleh. You can use it to flavor another side dish.

## Aprions SIMPLE MEALS

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#### SHOPPING LIST

#### Deli

3/4 cup shredded Parmesan cheese

#### Dry Grocery

1/4 cup honey

2/3 cup light Asian sesame dressing

1 (2-oz) pkg slivered almonds (optional)

1 (5.25-oz) box tabbouleh wheat salad (bulgur)

2 split chicken breasts (about 1 3/4 lb)

#### **Produce**

1-oz bag fresh rosemary

1/2 of a (16-oz) bag fresh-cut kale leaves

1 tbsp ginger spice paste

1 cup grape tomatoes

2 lemons (for juice)

1 1/2 cups orange juice

1 cup pre-sliced fresh baby portabellas

1 small yellow onion

#### From Your Pantry

1 egg (or 1/4 cup egg substitute)

1/4 cup + 1 tbsp extra-virgin olive oil

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1/4 cup + 1 tsp kosher salt

#### **COOKING SEQUENCE**

- Prepare chicken and begin to bake 15 minutes
- While chicken cooks, prepare bulgur 15 minutes
- Complete chicken recipe and prepare salad; serve 20 minutes

## honey-rosemary chicken and bulgur

#### INGREDIENTS

1/4 cup + 1/2 teaspoon kosher salt, divided

1 1/2 cups orange juice, divided

6 1/2 cups water, divided

2 split chicken breasts (about 1 3/4 lb)

1 1/2 tablespoons fresh rosemary, finely chopped

1/4 cup honey

1 tablespoon ginger spice paste

1/2 teaspoon pepper, divided

1 small yellow onion, coarsely chopped

1 tablespoon extra-virgin olive oil

1 cup pre-sliced fresh baby portabellas

1 egg, beaten (or 1/4 cup egg substitute)

1 (5.25-oz) box tabbouleh wheat salad (1

cup bulgur)

1/2 cup light Asian sesame dressing

#### STEPS

- 1. Preheat oven to 400°F. Whisk in large bowl: 1/4 cup salt, 1/2 cup orange juice, and 4 cups water to dissolve salt. Add chicken; let stand 8–10 minutes (or up to 30 minutes) to brine (marinate).
- 2. Chop rosemary; combine with remaining 1 cup orange juice, honey, and ginger spice paste. Remove chicken from brine; season with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Place chicken in baking dish (discard brine); brush with one-half of the rosemary mixture. Bake 30–35 minutes; baste chicken every 10 minutes with remaining rosemary mixture.
- 3. Chop onion. Preheat large non-stick sauté pan on medium-high 2–3 minutes. Place oil in pan, then add onions and mushrooms; cook 2–3 minutes or until tender.
- 4. Combine egg and bulgur (omit seasoning packet). Reduce heat on mushrooms to low; add bulgur, then cook and stir 1–2 minutes or until lightly toasted. Stir in 2 1/2 cups water and bring to a simmer; cover and cook 8–10 minutes or until tender.
- 5. Remove chicken from oven; let stand 5–6 minute before slicing. Stir sesame dressing into bulgur. Slice chicken and serve.

(Chicken with Sauce) CALORIES (per 1/4 recipe) 240kcal; FAT 3g; CHOL 70mg; SODIUM 540mg; CARB 27g; FIBER 0g; PROTEIN 26g; VIT A 2%; VIT C 60%; CALC 2%; IRON 6% (Bulgur) CALORIES (per 1/4 recipe) 270kcal; FAT 9g; CHOL 55mg; SODIUM 470mg; CARB 41g; FIBER 7g; PROTEIN 7g; VIT A 2%; VIT C 10%; CALC 4%; IRON 8%

### parmesan kale salad

#### INGREDIENTS

Juice of 2 lemons

1/4 cup extra-virgin olive oil

1/2 teaspoon kosher salt

1/4 teaspoon pepper

1 cup grape tomatoes, halved 1/2 of a (16-oz) bag fresh-cut kale leaves

3/4 cup shredded Parmesan cheese

1 (2-oz) package slivered almonds (optional)

#### STEPS

- 1. Squeeze lemons (1/4 cup juice) into salad bowl; whisk in oil, salt, and pepper until blended
- $2. \ \, \text{Cut tomatoes in half and add to dressing with remaining ingredients; toss and serve.}$

(Makes 6 servings.) © 2011 Publix Super Markets Inc.

	CALORIES (per 1/6 recipe) 150kcal; FAT 12g; CHOL 5mg; SODIUM 280mg; CARB 6g; FIBER 1g; PROTEIN 5g; VIT A 120%; VIT C 90%; CALC 20%; IRON 4%
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