

BULGAR CHICKEN & TOMATO SALAD WITH ROASTED CORN

INGREDIENTS

- 1/2 C Bulgur (uncooked)
- 1 c Water
- 1 T Garlic olive oil
- 1/2 t Salt

- 2 ears Corn (fresh)
- Garlic Olive oil (to drizzle on corn)

- 1 C Tomatoes (cherry) (halved)
- 1 Cucumber (using only 1/2) (seeds removed) (chopped)
- 3/4 C Chicken breast (pre-cooked) (chopped **OR** shredded)
- 2 - 3 T Parsley (chopped)
- Salt & black pepper (to taste)
- Pine nuts (optional garnish)



DIRECTIONS

- 1 Cook bulgur according to directions but also add olive oil plus salt to cooking water
- 2 After bulgur is finished cooking (around 20 minutes) fluff with a fork & set aside
- 3 Preheat oven to 400 F
- 4 Remove corn kernals from the cob & spread out in a single layer on a lightly greased baking sheet
- 5 Drizzle with olive oil, salt & pepper& roast until starting to brown (10-15 minutes)
- 6 In a large bowl combine bulgur, roasted corn, cherry tomatoes, cucumber & chicken
- 7 Add parsley, salt & pepper (to taste)
- 8 Serve while still slightly warm or room temperature

NOTES

Serves 2



Copyright © 2014 KosherWoman.com All rights reserved