

A RECIPE FOR HEALTH



Arugula, Chicken and Pine Nut Tabouli

Adapted from "New Food Fast" by Donna Hay

This is a wonderful one-dish meal for summer that is light, healthy and full of nutrients.

INGREDIENTS:

¾ cup bulgur wheat	6 oz cherry tomatoes, halved or quartered
1 ½ cups boiling water	½ cup pine nuts, toasted
1 tablespoon oil	3 tablespoons lemon juice
3 chicken breasts	3 tablespoons olive oil
8 oz arugula leaves	Sea salt and black pepper to taste
¾ cup flat-leaf parsley, chopped	Lemon wedges to serve
¾ cup mint leaves, chopped	

INSTRUCTIONS:

1. Combine the bulgur and boiling water in a bowl. Allow to stand for 5 minutes or until all the water is absorbed and the bulgur is soft.
2. Place the oil in a frying pan over medium-high heat. Add the chicken and cook for 5 minutes on each side or until cooked through. Set aside to cool.
3. Place the bulgur, arugula, parsley, mint, tomatoes and pine nuts in a bowl. Slice the chicken and add to the salad.
4. Combine the lemon juice, olive oil, salt and pepper. Pour over the salad and toss to combine.
5. To serve, place on plates with lemon wedges.

SERVES: 4

CALORIES: Approximately 450 Per Serving

VARIATIONS:

- Substitute pepitas (pumpkin seeds) for the more expensive pine nuts. Pepitas are full of minerals like zinc, magnesium and manganese.
- For a vegetarian version, substitute cannellini beans or garbanzo beans for the chicken, and add some crumbled feta cheese.
- If you have a wheat or gluten allergy, try another grain, like quinoa.