

## WALNUT CHICKEN WITH BULGUR PILAF

Yield: 4 Portions

Ingredients	Amounts
Chicken breast, boneless, skinless, 1" cubes	1 ½ lb.
Vegetable oil	1 tsp.
Salt	½ tsp.
Black Pepper	½ tsp.
Onions, chopped	1 cup
Carrots, small dice	1 cup
Cumin	½ tsp.
Caraway seeds	½ tsp.
Chicken broth	1 cup
Walnuts, chopped	4 Tbsp.
Golden raisins	¼ cup
Bulgur wheat	¾ cup
Cinnamon, ground	¼ tsp.
Mint, chopped	1 Tbsp.

### Method

1. Season the cubed chicken breast with the vegetable oil, salt and pepper.
2. Arrange the seasoned chicken cubes on a 10' plate. Cover tightly with plastic wrap. Microwave on P10 for 3 minutes. Stir, then microwave for an additional 2 minutes Reserve.
3. Place the diced onions, diced carrots, cumin, and caraway seeds with ¼ cup of the chicken broth into a 2 quart microwave container. Cook covered at P10 for 3 minutes, until onions are translucent and carrots are tender.
4. Add the remaining chicken broth, walnuts, raisins, bulgur wheat, and cinnamon. Microwave covered at P10 for 3 minutes.
5. Add the reserved chicken chunks and microwave for an additional 1 minute.
6. Sprinkle with chopped mint.

Amount Per Serving	
<b>Calories</b> 410	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 11g	
<b>Protein</b> 44g	
Vitamin A 110%	• Vitamin C 8%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	