

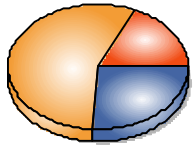


Walnut Green Bean and Bulgur Salad

By: Modified from Cooking Light by DrJez LLC

Recipe grams: 1487.90g/52.5oz

Serves 4 371.97g/13.1oz per serving



Protein: 41%
Carbohydrates: 41%
Fat: 18%

INGREDIENTS

1 lb CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
1 tbsp WALNUT OIL
1 1/2 tbsp BROWN RICE VINEGAR
1/2 tbsp HONEY
1/2 tsp SALT, TABLE
1 tsp MUSTARD, PREPARED, DIJON
1 tsp BLACK PEPPER, GROUND
1 cup BULGAR, DRY (BULGUR)
1 lb SNAP BEAN, RAW (GREEN BEAN)
2 cups TOMATO, RED, RIPE, RAW
1/2 cup PARSLEY, RAW
1/2 cup ONION, RAW

DIRECTIONS

Shred chicken and set aside.

Combine walnut oil, vinegar, honey, salt, mustard and pepper in a small bowl. Add 1-2 Tbsp water and combine.

Boil 1 cup of water and combine with bulgur in a bowl. Allow to absorb water while preparing beans.

Cut green beans into 1 inch slices. Place in a microwave safe bowl and steam for about 2 minutes.

Slice cherry (or grape) tomatoes in half. Slice onion into thin vertical slices.

Combine all ingredients in a large bowl and toss to combine.

Nutrition Facts

Serving Size: 1 serving (372.0g)
Servings: 1

Amount Per Serving

Calories 410 Calories from Fat 70

% Daily Value*

Total Fat 8g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 95mg **30%**

Sodium 430mg **20%**

Total Carbohydrate 43g **15%**

Dietary Fiber 12g **45%**

Sugars 7g

Protein 43g

Vitamin A 40%

• Vitamin C 60%

Calcium 10%

• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.