



WINNING READER RECIPE

## GRILLED CHICKEN AND BULGUR SALAD

from  
**CHRISTINE DATIAN**  
Las Vegas

This main-course salad is similar to the Middle Eastern pita salad called *fattoush* and is especially crisp if you use thin pita chips rather than thick ones. If you leave out the chicken, it also works as a side dish for grilled lamb or kebabs. **SERVES 4 / 40 MINUTES**

½ cup medium bulgur\*  
1 boned, skinned chicken breast  
half (about 1 lb.), pounded until  
½ in. thick  
¼ cup extra-virgin olive oil,  
divided  
½ tsp. each kosher salt, pepper,  
and paprika, divided  
1 cup chopped romaine lettuce  
1 cup baby spinach leaves  
1 medium tomato, chopped  
¼ cup each chopped flat-leaf  
parsley and fresh mint leaves  
1 cup halved and sliced English  
cucumber  
½ cup kalamata olives  
2 cups pita chips  
2 tbsp. fresh lemon juice  
4 oz. feta cheese, crumbled

1. Put bulgur in a large bowl. Cover with 1 cup boiling water and let soak until water is absorbed, 20 to 30 minutes.
2. Heat grill to high (450° to 550°). Brush chicken with 1 tbsp. oil and sprinkle on both sides with half the salt, pepper, and paprika. Grill, turning once, until cooked through, about 5 minutes; set aside.
3. Add remaining oil, salt, pepper, and paprika, plus all other ingredients except feta, to bowl of bulgur and toss to combine.
4. Slice chicken. Divide salad among 4 plates and top with chicken and feta.

*\*Bulgur—steamed crushed wheat—comes in three sizes. We like the texture of medium, but you can use another size; just adjust the soak time accordingly. ▽*

PER 2-CUP SERVING 773 Cal., 47% (363 Cal.) from fat;  
38 g protein; 41 g fat (8.8 g sat.); 65 g carbo (7.3 g fiber);  
1,696 mg sodium; 98 mg chol.