

Chicken and Lima Saute

A Barnard

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 2

*1 cup bulgur
1 cup boiling water
1/2 pound boneless/
skinless chicken breasts
1 tablespoon olive oil
2 cups baby lima beans
4 mushrooms, sliced
3 cloves garlic, minced
red pepper flakes
2 tablespoons grated
Parmesan cheese
1 pint cherry tomatoes*

In a small saucepan, combine the bulgur and water. Cover. Set aside for 20 minutes, until all liquid has been absorbed.

Meanwhile, remove and discard any fat from the chicken. Cut the flesh into strips about 2 inches long by 1/2 inch wide.

In a large nonstick skillet over medium-low heat, heat the oil. Add the chicken. Stir-fry until the chicken turns white. Add the limas, mushrooms, garlic and red pepper flakes. Cook, stirring occasionally, until the beans are tender. If necessary, add a few drops of water to the pan to prevent sticking.

Fluff the bulgur with a fork. Spread the bulgur on a serving platter. Top with the chicken mixture. Spread with Parmesan and surround with tomatoes.

Per Serving (excluding unknown items): 1046 Calories; 12g Fat (9.7% calories from fat); 55g Protein; 190g Carbohydrate; 57g Dietary Fiber; 4mg Cholesterol; 151mg Sodium. Exchanges: 12 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.