

# CHICKEN AND BULGUR SALAD WITH PEACHES

Preparation: **20** mins. | Cooking: **10** mins. | Servings: **4**

## INGREDIENTS

*1 lb. chicken breast cutlets*  
*4 cups packed arugula*  
*2 cups cherry tomatoes, halved*  
*2 cups fresh peaches, sliced*  
*1 1/3 cups water*  
*2/3 cup bulgur*  
*3 tbsp. extra-virgin olive oil*  
*2 tbsp. rice vinegar*  
*1 tsp. kosher salt, divided*  
*1/2 tsp. black pepper*  
*Cooking spray*



## INSTRUCTIONS

Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels. Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.