

Caprese Bulgur with Chicken Sausage

<http://cakebatterandbowl.com>

Ingredients:

2 cups quick cooking bulgur
4 cups low-sodium chicken stock
3 tablespoons olive oil, divided
2 tablespoons balsamic vinegar
1 teaspoon salt
1 pound chicken sausage, sliced
8 ounces mozzarella balls, sliced in half (ciliegine, mozzarella balls in salt water from TJs)
1 pound mini heirloom tomatoes, sliced in half
1 cup chopped sun dried tomatoes
1/2 cup packed chopped fresh basil (0.8 ounces)

Directions:

Prepare bulgur according to package directions. Briefly, add bulgur and chicken stock to a medium stockpot over high heat and bring to a boil; reduce heat to low, cover with a lid, and simmer for 12 to 15 minutes or tender and liquid is absorbed. Stir in 2 tablespoons olive oil, balsamic vinegar, and salt. Place bulgur in a large bowl.

Place remaining 1 tablespoon olive oil in a large nonstick skillet over medium heat and sauté chicken sausage for 6 to 8 minutes or until browned; place chicken sausage in the bowl with the bulgur, along with the mozzarella balls, heirloom tomatoes, sun dried tomatoes, and basil, and mix well. Makes 8 servings.