



## Tabbouleh

Tabbouleh is a popular Middle Eastern salad served as part of a mezza (assortment of appetizers). A primary ingredient in tabbouleh is bulgur, which is a whole grain.

**Makes:** 6 servings

**Prep time:** 20 minutes

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### INGREDIENTS

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**½ cup** bulgur, uncooked

**1 cup** water

**¾ cup** cucumber, fresh, peeled, ¼" diced

**¾ cup** tomatoes, fresh, ¼" diced

**2 tablespoons** Italian parsley, fresh, chopped

**2 tablespoons** mint leaves, fresh, chopped

**2 tablespoons** onion, green, with tops, fresh, chopped

**1 clove** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)

**1 tablespoon** olive oil, extra virgin

**2 tablespoons** lemon juice, fresh squeezed, seeds removed; *or* lemon juice, bottled

**¼ teaspoon** salt, table

**¼ teaspoon** black pepper, ground

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### DIRECTIONS

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1. In a small stockpot, bring water to a rolling boil.
2. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
3. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. Prepare dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
5. Combine dressing with the other ingredients; mix well.
6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to fuse. Critical Control Point: Cool to 40 °F or lower within 4 hours.

Critical Control Point: Hold at 40 °F or lower.

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## NUTRITION INFORMATION

For ½ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>68</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>99 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

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## CACFP CREDITING INFORMATION

½ cup provides ¼ cup vegetable and  
½ oz equivalent grains.

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## CHEF TIPS

Before chopping parsley and mint, wash in a colander under running water. Spin dry in a salad spinner.

Get more juice from the lemon by rolling it gently on a flat surface before cutting or juicing to loosen the membranes.

Cook bulgur the day before, and cool in the refrigerator. Critical Control Point: Cool to 40 °F or lower within 4 hours.

Make sure the chopped vegetables are dry to prevent the salad from getting soggy.