



Tabbouleh

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

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ¼ cup vegetable and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|------------------------------------|-------------|-----------------|-------------|----------------|---|
| | Weight | Measure | Weight | Measure | |
| Water | 32 oz | 1 qt | 64 oz | 2 qt | <ol style="list-style-type: none"> 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 30 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool. 3 Critical Control Point: Cool to 40 °F or lower within 4 hours. 4 In a large bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic. |
| Bulgur, dry | 12½ oz | 2 cup | 1 lb 9 oz | 1 qt | |
| *Cucumber, fresh, peeled, ¼" diced | 14½ oz | 3 cup 2 Tbsp | 1 lb 13 oz | 1 qt 2¼ cup | |
| *Tomatoes, fresh, ¼" diced | 1 lb 7 oz | 3 cup 2 Tbsp | 2 lb 14 oz | 1 qt 2¼ cup | |

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|---|-------------|-------------------------|-------------|--------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| *Parsley, Italian, fresh, chopped | 1 oz | ½ cup | 2 oz | 1 cup | |
| Mint, leaves, fresh, chopped | 2 oz | ½ cup | 4 oz | 1 cup | |
| *Onion, green with tops, fresh, chopped | 2 oz | ½ cup | 4 oz | 1 cup | |
| *Garlic, fresh, minced | | 4 cloves OR 2 tsp | | 8 cloves OR 1 Tbsp 1 tsp | |
| Oil, olive, extra virgin | | ¼ cup | | ½ cup | 5 Prepare dressing: In a medium bowl whisk together olive oil, lemon juice, salt, and pepper. Combine dressing with the other ingredients, mix well. |
| Juice, lemon, fresh squeezed, seeds removed | | ½ cup | | 1 cup | |
| OR | | | | | |
| Juice, lemon, bottled | | ½ cup | | 1 cup | |
| Salt, table | | 1 tsp | | 2 tsp | |
| Black pepper, ground | | 1 tsp | | 2 tsp | |
| | | | | | 6 Refrigerate and let chill for at least 2 hours before serving to allow the flavors to fuse. |
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NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

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

N/A=data not available.

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Cucumbers | 1 lb 2 oz | 2 lb 4 oz |
| Tomatoes | 1 lb 10½ oz | 3 lb 5 oz |
| Italian parsley | 3 oz | 5 oz |
| Green onions | 3 oz | 5 oz |
| Garlic | 4 cloves | 8 cloves |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

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.

To prevent the salad from getting soggy, make sure the chopped vegetables are dry.

YIELD/VOLUME

| 25 Servings | 50 Servings |
|--------------------------|---------------------------------|
| 5 lb 7½ oz 3 qt ½ cup | 10 lb 15 oz 1 gal 2 qt 1 cup |

