



Tabbouleh

Tabbouleh is a popular Middle Eastern salad 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.

<https://teamnnutrition.usda.gov>

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. Set aside and allow bulgur to cool to room temperature.
Bulgur, uncooked	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	<ol style="list-style-type: none"> 3 In a large bowl, mix together bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
*Tomatoes, fresh, ¼" diced	1 lb 7 oz	3 cup 2 Tbsp	2 lb 14 oz	1 qt 2¼ cup	
*Parsley, Italian, fresh, chopped	1 oz	½ cup	2 oz	1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
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	4 Prepare dressing: In a medium bowl whisk together olive oil, lemon juice, salt, and pepper.
Juice, lemon, fresh squeezed, seeds removed, or lemon juice bottled		½ cup		1 cup	5 Combine dressing with the other ingredients, mix well.
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. Critical Control Point: To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
					7 Serve ½ cup (No.8 scoop). Critical Control Point: Hold at at 40 °F lower.



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: To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 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

