



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
Cook time: 30 minutes

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INGREDIENTS

- 1 cup** water
- ½ cup** bulgur, uncooked
- 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

- 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. Set aside and allow bulgur to cool to room temperature.
- 3.** In a medium bowl, mix together 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: To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
- 7.** Serve ½ cup.

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

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NUTRITION INFORMATION

For ½ cup.

Nutrients	Amount
Calories	68
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
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.

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