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.

Makes: 6 servings
Prep time: 20 minutes

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>bulgur, uncooked</td>
</tr>
<tr>
<td>1 cup</td>
<td>water</td>
</tr>
<tr>
<td>¾ cup</td>
<td>cucumber, fresh, peeled, ¼&quot; diced</td>
</tr>
<tr>
<td>¾ cup</td>
<td>tomatoes, fresh, ¼&quot; diced</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Italian parsley, fresh, chopped</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>mint leaves, fresh, chopped</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>onion, green, with tops, fresh, chopped</td>
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<tr>
<td>1 clove</td>
<td>garlic, fresh, minced</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>olive oil, extra virgin</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>lemon juice, fresh squeezed, seeds removed; or lemon juice, bottled</td>
</tr>
<tr>
<td>¼ teaspoon</td>
<td>salt, table</td>
</tr>
<tr>
<td>¼ teaspoon</td>
<td>black pepper, ground</td>
</tr>
</tbody>
</table>

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, 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.
## NUTRITION INFORMATION

For ½ cup.

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

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

https://teamnutrition.usda.gov

## CACFP CREDITING INFORMATION

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

## 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.