



GROUP RECIPE PRO - USAF - 2

Salad- Tabbouleh with Quinoa

Categories: Grains, Middle Eastern, Salads

Yield: 48 portions Portion Size: 1 cup Portions: 48

Step 1

| | |
|------------------------|--|
| 3 qt • Vegetable stock | Place quinoa on a sheet and toast in oven for 8-10 minutes at 350°F or until light golden brown. |
| 2 qt • Quinoa | Next, place cooled quinoa in a deep hotel pan. |
| | Bring the vegetable stock to a boil, pour over quinoa in hotel pan. Cover with foil and cook in oven at 350°F for 12-15 minutes. Let stand covered 10 minutes, then fluff with fork. Let cool. |

Step 2

| | |
|--|--|
| 12 each • Cucumbers • small diced | Peel cucumbers in stripes to remove some of the tough skin. Cut in 1/2 and remove seeds. Then cut into small dice. |
| 12 each • Plum tomatoes • small diced | |
| 2 cup • Fresh mint • finely chopped | Add all ingredients to the quinoa and toss together gently. Adjust seasoning, then refrigerate. |
| 1 cup • Fresh parsley • finely chopped | |
| 1.5 pt • Lemon • juiced | |
| 1 pt • Olive oil | |
| Kosher salt as needed | |
| Black pepper as needed | |

Nutritional Analysis

| | | | |
|-------------|------|----|-----|
| Calories | 208 | | |
| Protein | 5g | 20 | 10% |
| Carbs | 24g | 96 | 46% |
| Fat | 11g | 99 | 48% |
| Cholesterol | | | |
| Sodium | 41mg | | |

Information is on a per portion basis.

Notes

Saturated Fat: 1g
48