

Tabbouleh

Fall Winter Spring **Summer**

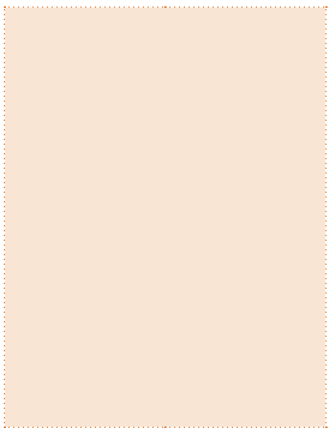
NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	93 kcal
Protein	2.62 g
Carbohydrate	15.68 g
Total Fat	2.86 g
Saturated Fat	0.41 g
Cholesterol	0 mg
Vitamin A	393.47 IU
Vitamin C	6.15 mg
Iron	0.76 mg
Calcium	18.32 mg
Sodium	104.83 mg
Dietary Fiber	3.84 g

EQUIVALENTS: ½ cup provides 1 oz equiv WGR grain and ½ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service



Tabbouleh • 64 servings ($\frac{5}{8}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Roma tomatoes		14 medium	① Core tomatoes. Roughly chop 2 tomatoes and cut 12 into $\frac{1}{2}$ -inch dice.	<p><i>Diced cucumbers would be a nice addition to this salad.</i></p> <p><i>You can use larger slicing tomatoes in place of the Roma. You'll need 7 tomatoes. Roughly chop 1 for the dressing (Step ⑥) and cut the remaining 6 into $\frac{1}{2}$-inch dice for the salad (Step ⑦).</i></p>
Scallions		3 bunches	② Trim scallions. Roughly chop 1 bunch and cut 2 bunches into $\frac{1}{2}$ -inch pieces.	
Fresh mint		1 bunch	③ Remove stems from mint leaves.	
Fresh parsley		1 bunch	④ Remove tough stems from parsley. Finely chop half of the parsley.	
Water		3 qt	<p>⑤ Bring water, marjoram, garlic powder, onion powder and 2 tsp each salt and pepper to a boil in a large saucepan over high heat. Add bulgur. Cover and reduce heat to a simmer. Cook until most of the liquid is absorbed, about 15 minutes. Remove from the heat; let stand covered for 15 minutes more. Spread the cooked bulgur on a sheet pan to cool.</p>	
Dried marjoram leaves		2 Tblsp		
Garlic powder		2 Tblsp		
Onion powder		2 Tblsp		
Kosher salt		4 tsp, divided		
Ground black pepper		4 tsp, divided		
Bulgur		2 qt		
Lemon juice		$\frac{3}{4}$ cup	<p>⑥ Purée the roughly chopped tomatoes and scallions along with unchopped parsley, mint leaves, lemon juice, sugar, the remaining salt and pepper and oil in a blender; blend well.</p>	
Granulated sugar		1 Tblsp		
Olive oil		$\frac{3}{4}$ cup		
			⑦ Combine the cooked bulgur, the dressing, the diced tomatoes, scallions and parsley in a large bowl. Mix well by hand, breaking up any clumps. Serve cold.	