

# *Tabbouleh*



## Tabbouleh

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ¾ cup

**Yield:** 50

**Source:** JSI Back to Basics: Mediterranean Flavors Recipe (*adapted from: USDA Recipe E-23*)

### Ingredients:

Ingredient Name	Measurements
Water	2 qt + 2 ½ cup
Salt, table	2 Tbsp
Bulgur, dry	3 lb + 6 oz
Tomatoes, red, ripe, raw	4 lb + 14 oz
Cucumber, raw, peeled	2 lb + 8 oz
Parsley, raw	3 oz
Onions, raw	12 oz
Mint leaves, fresh	¼ cup
Lemon juice	1 1/3 cup
Oil, vegetable	½ cup

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

### Instructions:

1. Need boiled water to prepare bulgur. Add salt to water and boil.
2. In a hotel pan, combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
3. Wash and dice tomatoes, cucumber, onions, parsley, and mint. Add to bulgur.
4. Add lemon juice and vegetable oil to bulgur mixture and mix to combine all ingredients.
5. Cool to 41°F or lower within 4 hours.
6. Hold for cold service at 41°F or lower.

7. Portion with 6 oz ladle (3/4 cup).

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	138.94 kcal
Total Fat	2.75 g
Saturated Fat	0.43 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	289.73 mg
Total Carbohydrate	26.61 g
Dietary Fiber	4.72 g
Total Sugars	2.06 g
Protein	4.44 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Grain	1 oz equivalent
Vegetable	0.125 cup

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*