



TABOULI SALAD WITH LEMON DRESSING

COOK TIME: 45 MINUTES SERVINGS: 50 CALORIES: 221 KCAL

Tabouli Salad is a simple salad with vegetables, parsley, and bulgar wheat. This salad is tossed in a lemon juice dressing that will add the perfect flavor!

INGREDIENTS

1/2 gallon 1 cup Water, boiling
 3 pounds 2 ounces Bulgur (cracked wheat)
 10 ounces Cucumbers, diced and pared
 2 pounds Tomatoes, fresh, diced
 7 ounces Red Onions, diced
 4.21 ounces Parsley, finely chopped
 2 cups Mint, finely chopped
 3 cloves Garlic Cloves

DRESSING:

2 cups Lemon Juice
 3 cup Olive Oil
 1/4 cup Green Pepper, diced
 1/2 tablespoon Salt, to taste

INSTRUCTIONS

1. Put the cracked wheat in a large bowl and pour the boiling water on top. Leave the wheat in the water for approximately 45 minutes or until it has absorbed the water. Drain any excess water.
2. Meanwhile, chop and mix the cucumber, tomato and onion. Finely chop the parsley and mint with the vegetables. Add the minced garlic. Add to the soaked bulgur wheat and mix.
3. Prepare the salad dressing (may be done the day before) by whisking the olive oil into the lemon juice. Add diced green pepper and salt as needed (approximately 1T). Mix into the salad.

RECIPE NOTES

Refrigerate for 1 hour and serve

CCP: Hold at 41° F or below for cold service.

Note: It is best to make sure the grain is cooled before tossing with dressing.

Serving Size: 3/4 cup

Crediting: 1 oz grain eq, 1/4 cup vegetable

NUTRITION FACTS PER SERVING (0.75CUP)

Calories: 221 kcal | Saturated fat: 1.87 g | Sodium: 152.61 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.