

Tabouli Salad

Mukilteo School District

Recipe Category: SALAD (grain/bread, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Water, boiling		½ gal 1 cup		1 gal 2 cups			<ol style="list-style-type: none"> 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. 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. 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. Refrigerate for 1 hour and serve. <p>CCP: Hold at 41°F or below for cold service.</p>
Bulgur (cracked wheat)	3 lbs 2 oz	9 cup 6 Tbsp	6 lbs 4 oz	18 cup ¾ cup			
Cucumbers, diced & pared	10 oz	whole	1 lb 4 oz	8 whole			
Tomatoes, fresh, diced	2 lb	4	4 lb				
Red Onions, diced	7 oz		14 oz				
Parsley, finely chopped	4.21 oz	5 cup	8.42 oz	10 cup			
Mint, finely chopped		2 cup		4 cup			
Garlic Cloves		3 cloves		6 cloves			
Dressing:							
Lemon Juice		2 cup		4 cup			
Olive Oil		3 cup		6 cup			
Green Pepper, diced		¼ cup		½ cup			
Salt, to taste		½ Tbsp		1 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	1	¼ cup	

Nutrient Analysis		
Calories: 221	Saturated Fat: 1.87 grams	Sodium: 152.61 mg.