

# Quinoa Tabbouleh

M-305-01

Salad, Salad Dressings and Relishes

G4G Color Code

Green

Sodium Code

Low

Time

20 min.

Yield

100 Portions

Each Portion

½ cup (3-½ oz)

Pan Size and Number

Food Processor, Stockpot or Steam-Jacketed Kettle, Large Mixing Bowl

Nutrition Facts

Calories 130

Carbohydrates 10 g

Sugars\* 1 g

Protein 2 g

Fat 10 g

Saturated Fat 0.8 g

Cholesterol 0 mg

Sodium 190 mg

Calcium 46 mg

Fiber 2.2 g

## Ingredients

Item	Measure	Weight	Approx issue
WATER	3 qt	6 lb 4oz	
QUINOA, WHITE, DRY	1-½ qt	2 lb 3 oz	
PARSLEY, FRESH, MINCED	4-¾ qt	3 lb	3 lb 3 oz
MINT, FRESH, MINCED	1-½ qt	13 oz	1 lb 4 oz
TOMATOES, CANNED, DICED, DRAINED	3-½ qt	4 lb 10 oz	1-¼ - No. 10 cans
ONION, YELLOW, MINCED	3 cups	1 lb	2 lb
OIL, CANOLA	1 qt	1 lb 14 oz	
LEMON JUICE, BOTTLED	1 qt	2 lb	
SALT	2 tbsp	1-¼ oz	

## Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Place 3 qt (6 lb 4 oz) water in a large stock pot or steam-jacketed kettle and bring to a boil. Add 1-½ qt (2 lb 8 oz) quinoa and turn heat down to low; cover; simmer gently for 15 min. or until all water has been absorbed. Remove quinoa from heat and spread on sheet pans to cool under refrigeration at 41°F (5°C).
3. Remove bottom 1-2 inches of stems from parsley. Working in batches, mince 4-¾ qt (3 lb) parsley in a food processor; pulse, taking care not to over process into a paste. Set aside in a large bowl.
4. Remove mint leaves from stems. Working in batches, mince 1-½ qt (13 oz) mint in a food processor; pulse, taking care not to over process into a paste. Add mint to the bowl with the parsley.
5. Roughly chop 3-½ qt (4 lb 10 oz) of canned, diced tomatoes and add them to the bowl of herbs.
6. Add minced onion to the bowl with the herbs and tomatoes.
7. In a separate bowl, whisk together oil, lemon juice, and salt and set aside for use in Step 8.
8. Add cooled quinoa to the large bowl of parsley, mint, tomatoes and onions, toss gently to evenly distribute ingredients. Pour dressing over quinoa mixture and mix gently but thoroughly.
9. CP: Refrigerate tabbouleh at 41°F (5°C) for at least two hours prior to service to properly chill.

## Recipe Notes

1. Tabbouleh can be made up to 24 hours ahead of service.
2. Serving suggestions: offer on salad bar as well as at the sandwich/deli station as it makes a good sandwich filling/spread.
3. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.