

Terrific Tabouli

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Bulgur, dry OR brown rice, dry	3 lbs. 4 oz. OR	½ gallon + 1/3 cup	6 lbs. 8 oz. OR	1 gallon + 2/3 cup
Water		½ gallon		1 gallon
Olive oil		¾ cup		1 ½ cup
Tomato, fresh, diced		1 pint + ½ cup		1 quart + 1 cup
Cucumber, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
Onion, yellow, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
Parsley leaves, fresh, minced		1 pint + ½ cup		1 quart + 1 cup
Lemon juice		1 cup		1 pint
Garlic, minced OR Garlic powder		1 ½ Tbsp. OR ½ cup		3 Tbsp. OR 1 cup
Salt		1 ½ Tbsp.		3 Tbsp.
Black pepper		1 ½ Tbsp.		3 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. In a large bowl, pour the water over the bulgur, cover and let stand for 20-30 minutes until the water is absorbed. Note: The water can be room temperature, warm or boiling.

*If using brown rice, prepare as directed on package.

2. Add the parsley, tomato, cucumber, onion and garlic to the bulgur; mix thoroughly to combine.

3. In a separate bowl, combine the oil, lemon juice and salt; stir to combine.

4. Add the oil mixture to the bulgur (or rice) and evenly coat.

5. Chill in the refrigerator or cooler until meal service. To prepare a day ahead, store tabouli salad in airtight container overnight.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Use a 4 ounce spoodle or #8 scoop to provide one grain equivalent.

Nutrition Information per ½ cup serving *From USDA Nutrient Database

Calories: 106 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 16g Fiber: 4g Total Sugar: 1g Protein: 3g Sodium: 242mg Vitamin A: 33µg



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Vitamin C: 12mg Calcium: 21mg Iron: 1mg Folate: 28 μ g