



Tabbouleh

Tabbouleh is a super fresh herb and bulgur salad, with fresh parsley as the main ingredient. Additional ingredients of diced cucumber, tomato, and a simply dressing of olive oil and lemon juice makes this a refreshing, light and nutrient packed salad.

CACFP Adult Portion Crediting Information

1 cup (8 oz spoodle) provides ½ cup vegetable (⅛ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable), and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Quinoa, dry	1 lb 3 oz	3 ½ cups	2 lb 6 oz	1 qt 3 cups	<ol style="list-style-type: none"> 1 Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 2 Combine quinoa, bulgur wheat, water, and salt in a large covered stock pot.
Bulgur wheat, dry	1 lb 4 oz	3 ¼ cups	2 lb 8 oz	1 qt 2 ½ cups	
Water		1 gal		2 gal	
Salt		2 ½ tsp		1 Tbsp 2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>3 Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Note: When done, quinoa will be soft, and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff.</p>
					<p>4 Refrigerate and set aside for step 7.</p>
					<p>5 Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
*Fresh tomatoes, unpeeled, diced	2 lb 12 oz	2 qt	5 lb 8 oz	1 gal	<p>6 Combine tomatoes, cucumbers, parsley, onions, bell peppers, mint, and cumin in a large bowl. Toss well. For 25 servings, about 4 lb 13 oz (3 qt 3 cup) For 50 servings, about 9 lb 10 oz (1 gal 3 qt 2 cup)</p>
*Fresh cucumbers, peeled, seeded, diced	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	
Fresh parsley, chopped	1 ½ oz	2 cups	3 oz	1 qt	
*Fresh onions, diced	8 oz	1 ½ cups	1 lb	3 cups	
*Fresh red bell peppers, diced	5 oz	1 cup	10 oz	2 cups	
Fresh mint, chopped		¼ cup		½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground cumin		1 tsp		2 tsp	
					7 Add cooled quinoa and bulgur wheat. For 25 servings about 7 lb 9 oz (1 gal) For 50 servings, about 15 lb 2 oz (2 gal)
Lemon Juice		1 ¼ cups		2 ½ cups	8 Add lemon juice and olive oil. Stir well.
Olive Oil		⅓ cup		⅔ cup	
					9 Transfer 13 lb 2 oz (1 gal 3 qt) Tabbouleh to a steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					10 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					11 Critical Control Point: Hold at 40 °F or below.
					12 Serve 1 cup. (Portion with 8 oz spoodle).

NUTRITION INFORMATION

For 8 oz spoodle (1 cup)

NUTRIENTS	AMOUNT
Calories	90
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Total Fat	3 g
Saturated Fat	0g
Cholesterol	0 mg
Sodium	249 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	2 g
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Vitamin A	38 mcg RAE
Vitamin C	19 mg
Vitamin D	0 IU
Calcium	26 mg
Iron	1 mg
Potassium	253 mg
N/A = data not available	

SOURCE:
CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh tomatoes	3 lb 3 oz	6 lb 6 oz
Fresh cucumbers	1 lb 10 oz	3 lb 4 oz
Fresh onions	9 oz	1 lb 2 oz
Fresh red bell peppers	6 oz	12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 1 gal 3 qt	About 3 gal 2 qt
About 13 lb 2 oz/1 steam table pan (12" x 20" x 4")	About 26 lb 4 oz/2 steam table pans (12" x 20" x 4")