

Tabbouleh

Tabbouleh is a light refreshing salad that is enjoyable anytime of the year. The flavors of quinoa and bulgur wheat are tossed with fresh tomatoes, cucumbers, onions, red peppers and a hint of fresh mint.

CACFP Home Childcare Crediting Information

$\frac{3}{4}$ cup ($\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or 6 oz spoodle) provides $\frac{3}{8}$ cup total vegetable ($\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable) and 1 oz equivalent grains.



Preparation Time: 4 hours

Cooking Time: 15 minutes

Makes: 6 servings

Ingredients

- $\frac{1}{3}$ cup or 3 oz Quinoa, dry
- $\frac{1}{2}$ cup or 3 oz Bulgur wheat, dry
- 1 $\frac{1}{3}$ cups or 11 oz Water
- $\frac{1}{2}$ tsp Salt
- 1 $\frac{1}{2}$ cups or 9 $\frac{1}{3}$ oz Fresh tomatoes, unpeeled, diced
- 1 cup or 4 $\frac{3}{4}$ oz Fresh cucumbers, peeled, seeded, diced
- $\frac{1}{4}$ cup or $\frac{1}{2}$ oz Fresh parsley, chopped
- $\frac{1}{4}$ cup or 1 $\frac{1}{2}$ oz Fresh onions, diced
- $\frac{1}{4}$ cup or 1 $\frac{1}{4}$ oz Fresh red bell peppers, diced
- $\frac{1}{4}$ tsp Fresh mint chopped
- $\frac{1}{4}$ tsp Ground cumin
- $\frac{1}{4}$ cup or 2 oz Lemon juice
- 2 $\frac{1}{4}$ tsp Olive oil

Directions

- 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.
- 3** Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Fluff.
- 4** 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.
- 5** Refrigerate and set aside for step 7.
- 6** Critical Control Point: Cool to 40 °F or lower within 4 hours.
- 7** Combine tomatoes, cucumbers, parsley, onions, bell peppers, mint, and cumin in a large bowl. Toss well.
- 8** Add cooled quinoa and bulgur wheat.
- 9** Add lemon juice and olive oil. Stir well.
- 10** Transfer all of ingredients into a large salad bowl.
- 11** Critical Control Point: Cool to 40 °F or lower within 4 hours.
- 12** Critical Control Point: Hold at 40 °F or below until served.
- 13** Serve $\frac{3}{4}$ cup (portion with $\frac{1}{2}$ cup and $\frac{1}{4}$ cup measuring cups or 6 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 63, Protein 2 g, Carbohydrates 10 g, Dietary Fiber 2 g, Total Sugars 2 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 205 mg, Vitamin A 38 mcg RAE, Vitamin C 19 mg, Vitamin D 0 IU, Calcium 20 mg, Iron 1 mg, Potassium 215 mg

