

Tabouleh (tah-BUHL-lee)

Meal Components: Vegetable, Grains

Salads, Sauces, Condiments & Dressings, E-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 qt 2 1/2 cups		1 gal 1 1/4 qt	1. Add salt to water and bring to a boil.
Salt		2 Tbsp	2 1/2 oz	1/4 cup	
No. 3 bulgur	3 lb 6 oz	2 qt 2 1/2 cups	6 lb 12 oz	1 gal 1 1/4 qt	2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
*Fresh tomatoes, unpeeled, diced	4 lb 14 oz	2 qt 2 1/2 cups	9 lb 12 oz	1 gal 1 1/4 qt	
*Fresh cucumbers, peeled, seeded, dice	2 lb 8 oz	1 qt 2 3/4 cups	5 lb	3 qt 1 1/2 cups	3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh parsley, chopped	3 oz	1 1/2 cups	6 oz	3 cups	
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
Fresh mint, chopped		1/4 cup		1/2 cup	
OR		OR		OR	

Ground cumin (optional)	1/2 tsp	1 tsp	
Lemon juice	1 1/3 cups	2 2/3 cups	<p>4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb 13 oz (approximately 3 qt ? cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less.</p>
Vegetable oil	1/2 cup	1 cup	<p>5. CPP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.</p> <p>6. Portion with 6 oz ladle (3/4 cup).</p>

Notes

Comments:

*See Marketing Guide.

Serving Tips:

For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Tomatoes	5 lb 10 oz	11 lb 4 oz
Cucumbers	3 lb 2 oz	6 lb 4 oz
Parsley	4 oz	8 oz
Mature onions	14 oz	1 lb 12 oz

Serving	Yield	Volume
¾ cup (6 oz ladle) provides ½ cup of vegetable and ¾ serving of grains/breads.	50 Servings: about 17 lb 8 oz	50 Servings: about 2 gallons 1 ½ quarts 3 pans
	100 Servings: about 35 lb	100 Servings: about 4 gallons 3 quarts 6 pans

--

Nutrients Per Serving

Calories	141	Saturated Fat	0.41 g	Iron	1.13 mg
Protein	4.43 g	Cholesterol		Calcium	22 mg
Carbohydrate	26.96 g	Vitamin A	391 IU	Sodium	292 mg
Total Fat	2.81 g	Vitamin C	13.4 mg	Dietary Fiber	6.5 g