

Tabouleh

VEGETABLE, GRAINS AND BREADS						SALADS
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Water		2 qt., 2 1/2 cups (2.5 L)		1 gal., 1 1/4 qt. (5 L)		<ol style="list-style-type: none"> 1. Add salt to water and bring to a boil. 2. In a large bowl, combine bulgur and boiling water. Let stand for 30 min. or until water is absorbed. Do not drain. 3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur. 4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb., 13 oz. (approximately 3 qt., 2/3 cup, or 2.6 kg) into each shallow pan (12" × 20" × 2 1/2") to a product depth of 2 in. or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans. 5. CCP: Cool to 41 °F (5 °C) or lower within 4 hours. Refrigerate until ready to serve. 6. Portion with 6-oz. ladle (3/4 cup).
Salt		2 tbsp.	2 1/2 oz.	1/4 cup		
No. 3 bulgar	3 lb., 6 oz. (1.5 kg)	2 qt., 2 1/2 cups	6 lb., 12 oz. (3 kg)	1 gal., 1 1/4 qt.		
Fresh tomatoes, unpeeled, diced	4 lb., 14 oz. (2.2 kg)	2 qt., 2 1/2 cups	9 lb., 12 oz. (4.4 kg)	1 gal., 1 1/4 qt.		
Fresh cucumbers, peeled, seeded, diced	2 lb., 8 oz. (1.1 kg)	1 qt., 2 3/4 cups	5 lb. (2.2 kg)	3 qt., 1 1/2 cups		
Fresh parsley, chopped	3 oz. (85g)	1 1/2 cups	6 oz. (170g)	3 cups		
Fresh onions, diced	12 oz. (340g)	2 cups	1 lb., 8 oz. (680g)	1 qt.		
Fresh mint, chopped OR Dried mint		1/4 cup OR 1 tsp.		1/2 cup OR 2 tsp.		
Ground cumin (optional)		1/2 tsp.		1 tsp.		
Lemon juice		1 1/3 cups (315 ml)		2 2/3 cups (630 ml)		
Vegetable oil		1/2 cup		1 cup		
Serving: 3/4 cup (6-oz. ladle) provides 3/8 cup of vegetable and 3/4 serving of grains/breads.			Yield: 50 servings: about 17 lb., 8 oz. (7.9 kg) 100 servings: about 35 lb. (15.8 kg) Volume: 50 servings: about 2 gal., 1 1/2 qt. 100 servings: about 4 gal., 3 qt.			

NUTRIENTS PER SERVING

Calories	141	Saturated fat	0.41g	Iron	1.13 mg
Protein	4.43g	Cholesterol	0 mg	Calcium	22 mg
Carbohydrate	26.96g	Vitamin A	391 IU	Sodium	292 mg
Total fat	2.81g	Vitamin C	13.4 mg	Dietary fiber	6.5g

Adapted from the USDA/National Food Service Management Institute. www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf