

Tabouleh (tah-BUHL-lee)

Vegetable-Grains/Breads

Salads and Salad Dressings

E-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 qt 2 ½ cups		1 gal 1 ¼ qt	1. Add salt to water and bring to a boil.
Salt		2 Tbsp	2 ½ oz	¼ cup	
No. 3 bulgur	3 lb 6 oz	2 qt 2 ½ cups	6 lb 12 oz	1 gal 1 ¼ 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 ½ cups	9 lb 12 oz	1 gal 1 ¼ qt	3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh cucumbers, peeled, seeded, diced	2 lb 8 oz	1 qt 2 ¾ cups	5 lb	3 qt 1 ½ cups	
*Fresh parsley, chopped	3 oz	1 ½ cups	6 oz	3 cups	
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
Fresh mint, chopped OR Dried mint		¼ cup OR 1 tsp		½ cup OR 2 tsp	
Ground cumin (optional)		½ tsp		1 tsp	
Lemon juice		1 ½ cups		2 ¾ cups	4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb13 oz (approximately 3 qt ¾ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Vegetable oil		½ cup		1 cup	5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
					6. Portion with 6 oz ladle (¾ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servinas
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

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SERVING:	YIELD:	VOLUME:
¾ cup (6 oz ladle) provides ⅜ cup of vegetable and ¼ 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

Tested 2004

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

Nutrients Per Serving					
Calories	141	Saturated Fat	0.41 g	Iron	1.13 mg
Protein	4.43 g	Cholesterol	0 mg	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