



# Tabouleh

## USDA Recipe for Schools

Try our Tabouleh! It is a refreshing combination of quinoa, bulgur wheat, tomatoes, cucumbers, parsley, onions, bell peppers, mint, lemon juice, olive oil, and spices.

### NSLP/SBP CREDITING INFORMATION

**3/4 cup (6 fl oz spoodle) provides 1/4 cup red/orange vegetable and 1 oz equivalent grains.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa, dry	1 lb 8 oz	1 qt	3 lb	2 qt	<b>1</b> Rinse quinoa in a fine-mesh strainer until water runs clear, not cloudy.  <b>2</b> Combine quinoa, bulgur wheat, water, and salt in a large, covered stock pot.  <b>3</b> 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.  <b>4</b> Refrigerate and set aside for step 7.
Bulgur wheat, dry	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt	
Water		2 qt 2½ cups		1 gal 1 qt 1 cup	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, fresh, unpeeled, diced	4 lb 14 oz	2 qt 2¼ cups 2 Tbsp	9 lb 12 oz	1 gal 1 qt ¾ cup	<b>5</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Cucumbers, fresh, peeled, seeded, diced	2 lb 8 oz	1 qt 2⅔ cups 3 Tbsp 1 tsp	5 lb	3 qt 1¾ cups	<b>6</b> Combine tomatoes, cucumbers, parsley, onions, bell peppers, mint, and cumin in a large bowl. Toss well.
Parsley, fresh, chopped	3 oz	1 qt	6 oz	2 qt	
*Onions, fresh, diced	12 oz	2¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	
*Red bell peppers, fresh, diced	10 oz	2 cups	1 lb 4 oz	1 qt	
Mint, fresh, chopped		¼ cup		½ cup	
Cumin, ground		½ tsp		1 tsp	<b>7</b> Add cooled quinoa and bulgur wheat.
Lemon juice		1⅓ cups		2⅔ cups	<b>8</b> Add lemon juice and olive oil. Stir well.
Olive oil		¼ cup 2 Tbsp		¾ cup	<b>9</b> Transfer 1 gal 2 cups (about 7 lb 12 oz) tabouleh to a steam table pan (12" x 20" x 2½").  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>10</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>11</b> Critical Control Point: Hold at 40 °F or below.
					<b>12</b> Portion with 6 fl oz spoodle (¾ cup).



**NUTRITION INFORMATION**

For ¾ cup (6 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>61</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>195 mg</b>
<b>Total Carbohydrate</b>	<b>9 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin D	0 IU
Calcium	18 mg
Iron	1 mg
Potassium	207 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Tomatoes	5 lb 10 oz	11 lb 4 oz
Cucumbers	3 lb	6 lb
Red bell peppers	14 oz	1 lb 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**

50 Servings	100 Servings
About 15 lb 8 oz About 1 gal 3 qt 3 cups/2 steam table pans (12" x 20" x 2½")	About 31 lb About 3 gal 3 qt 2 cups/4 steam table pans (12" x 20" x 2½")

