

# Tabbouleh

Cook Time: 15 minutes

Tomatoes, cucumbers, onions, and peppers seasoned with parsley, mint leaves, lemon juice, and cumin mixed with quinoa.

**Serving Size:** 6 oz.

**Crediting Information:** 1 oz equivalent whole grain, 3/8 cup vegetable, 1/4 cup red/orange vegetable, and 1/8 cup vegetable other

**Source:** Child Nutrition Recipe Box USDA Recipes for Schools, tested by Prince William County Public Schools



## Chef Tip:


- Mint is easy to grow in school gardens. Before planting, decide on a location where it will not harm other plants if it spreads, or plant mint in a pot. Students love to add it to their water bottles, and it is a great addition to a sensory garden for younger students.

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Cucumbers	2 ½ lbs.	5 lbs.
Tomatoes	5 lbs.	10 lbs.

N/A = Data not available

\*denotes combined nutrient totals with either missing or incomplete nutrient data

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Tomatoes, red, ripe, in season 	4 lbs. + 14 oz.		9 lbs. + 12 oz	
Cucumber, raw, with peel	2 ½ lbs.		5 lbs.	
Parsley, fresh	5 oz.		10 oz	
Onions, raw	¾ lbs.		1 ½ lbs.	
Peppers, sweet red, raw	¾ lbs.		1 ¼ lbs.	
Mint leaves, fresh		½ cup		1 cup
Lemon juice, raw		1 ⅔ cup		3 ⅓ cup
Oil, salad or olive		⅓ cup		¾ cup
Cumin, ground		1 Tbsp.		2 Tbsp
Water		2 ½ qt.		1 gal + 1 ¼ qt
Salt		1 ½ Tbsp.		3 Tbsp
Quinoa, uncooked		1 qt.		2 qt.
Bulgur wheat, dry		1 qt.		2 qt.

## Nutrition Information

Serving Size: 6 oz.

Nutrients	Amount
Calories	122
Total Fat	2.83 g
Saturated Fat	0.38 g
Cholesterol	0.00 mg
Sodium	195.42 mg
Total Carbohydrate	21.60 g
Dietary Fiber	3.38 g
Total Sugars	2.34 g*
Added Sugars	0.00 g
Protein	4.12 g
Vitamin D	N/A
Calcium	28.92 mg*
Iron	1.48 mg*
Potassium	N/A



## Directions

1. Wash your hands. Put on disposable gloves.


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2. Wash all produce under cool running water. Drain in colander.

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3. Dice tomatoes, cucumbers, parsley, onions, fresh red bell peppers, and mint. Combine in a large bowl.

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4. Add half the lemon juice and all the olive oil and cumin. Toss well, cover, and refrigerate.
  - CCP: Hold at 41°F or below.

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5. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.


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6. Combine quinoa, bulgur wheat, water, and salt in a large, uncovered stock pot.

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7. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. When done, quinoa will be soft and a white ring will pop out of the kernel.


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8. When grains are cooked, fluff well, transfer to 4 pans, refrigerate and cool.
  - CCP: Cool to 41°F or below within 4 hours.

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9. Add completely cooled grains to the marinated vegetables. Add the remaining lemon juice. Fold ingredients together gently so tomatoes are not bruised.

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10. Transfer 1 gallon, 2 cups (about 12 oz) tabbouleh to a steam table pan (12 in x 20 in x 2 1/2 in). Use 4 pans for 100 servings.
  - CCP: Cool to 41°F or below within 4 hours
  - CCP: Hold at 41°F or below.

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11. Portion with a 6 fl. oz. spoodle (3/4 cup).