

Tabbouleh

Ingredients	12 Servings		96 servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling	1 lb	2 cups	8 lb	1 gal	1. Stir together the boiling water and about 3/4 of the salt in a mixing bowl. Add the dry bulgur, stir until evenly moistened, cover, and let sit until the bulgur absorbs all the water, about 30 minutes. Fluff with a fork to separate the grains.
Table salt, divided use	1/3 oz	1 1/2 tsp	1 3/4 oz	3 tbsp	
Bulgur wheat, dried	10 oz	2 cups	5 lb	1 gal	2. Stir together the vinegar, garlic, oregano, cumin, pepper, and the remaining salt. Blend in the oil and pour this dressing over the bulgur.
Apple cider vinegar (plus more to taste as needed) (See Recipe Notes)	2 2/3 oz	5 tbsp	1 lb 4 oz	2 1/2 cups	
Garlic, minced		2 tsp	1 1/4 oz	1/4 cup	3. Add the vegetables, garbanzo beans, and parsley and toss the salad together gently (use gloved hands or large serving spoons) until the vegetables are evenly distributed.
Oregano, dried		1 tsp		2 tbsp	
Cumin, ground		1/2 tsp		4 tsp	
Black pepper, ground		1/4 tsp		2 tsp	
Oil, olive or canola	1 oz	2 tbsp	8 oz	1 cup	
Cucumber, peeled, seeded, diced	9 oz	2 cups	4 lb 8 oz.	1 gal	
Tomatoes, fresh, diced	9 oz	1 cup	4 lb 8 oz	2 qt	
Carrots, peeled, grated	3 oz	2/3 cup	1 lb 8 oz.	1 qt 1 cup	
Red onion, diced	4 oz	2/3 cup	2 lb	1 qt 1 cup	
Celery, minced	3 oz	2/3 cup	1 lb 8 oz	1 qt 1 cup	
Chickpeas , canned, rinsed and drained before measuring	9 oz	1 cup	4 lb 8 oz	2 qt	4. Keep chilled in covered, labeled, and dated containers until ready to serve. Serve a 3/4-cup portion (use a No. 6 scoop)
Parsley, fresh, flat-leaf, chopped (See Recipe Notes)	3 oz	1 1/2 cups	1 lb 8 oz	3 qt	

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Recipe Notes:

Ingredient Substitutions

Lemon Juice for Cider Vinegar

Replace the cider vinegar with lemon juice, if available. Use equal amounts.

Parsley

Replace chopped fresh parsley with dried parsley flakes if necessary. To substitute dried for fresh, add 1 oz (1 cup) for 12 servings or 8 oz (8 cups) for 96 servings in step 3. Dried parsley flakes can vary greatly in flavor. You may wish to add more for both flavor and appearance.

Serving Notes:

One 3/4-cup serving provides 1 serving of grains/bread and 3/8 cup of vegetable

Serve chilled.

Scoop 3/4 cup per portion.

	12 Servings	96 servings
Total Weight:	4 lb 12 oz	33 lb 12 oz
Total Volume	9 cups	75 cups
Serving Size (weight):	5 oz	5 oz
Serving Size (volume):	3/4 cup	3/4 cup

Nutrients Per Serving					
Calories	150	Saturated Fat	0 g	Iron	1.5 mg
Protein	5 g	Cholesterol	0 mg	Calcium	45 mg
Carbohydrate	24 g	Vitamin A-RE	173 mcg	Sodium	254 mg
Total Fat	5 g	Vitamin C	18 mg	Dietary Fiber	6 g

