

## **Child & Adult Care Food Program**

### **Tabbouleh**



### **INGREDIENTS**

- ½ cup bulgur, uncooked
- 1 cup water
- ¾ cup cucumber, fresh, peeled, ¼" diced
- ¾ cup tomatoes, fresh, ¼" diced
- 2 tablespoons Italian parsley, fresh, chopped
- 2 tablespoons mint leaves, fresh, chopped
- 2 tablespoons onion, green, with tops, fresh, chopped
- 1 clove garlic, fresh, minced
- (1 clove is about ½ teaspoon minced)
- 1 tablespoon olive oil, extra virgin
- 2 tablespoons lemon juice, fresh squeezed, seeds removed; or lemon juice, bottled
- ¼ teaspoon salt, table and ¼ teaspoon black pepper, ground

### **INSTRUCTIONS**

1. In a small stockpot, bring water to a rolling boil.
2. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
3. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. Prepare dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
5. Combine dressing with the other ingredients; mix well.
6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to fuse. Critical Control Point: Cool to 40 °F or lower within 4 hours.

