

Tabbouleh (IST)

Makes: 30 2-ounce servings

Time: 25 minutes



Ingredients:

- 1 ½ cups bulgur wheat uncooked
- 1 ½ cups boiling water
- 4 Tablespoons olive oil
- 1 cup fresh parsley, leaves only, finely minced
- 1 pint cherry or grape tomatoes, quartered
- 1 cucumber, peeled, de-seeded, and diced
- 1 lemon, juiced
- ½ teaspoon ground cumin
- ¾ teaspoon salt
- ¾ teaspoon ground black pepper

Kitchen Tools:

- 1 electric kettle
- Set of dry measuring cups
- Liquid measuring cup
- Cutting boards
- Lettuce knives
- 1 juicer
- Measuring spoons
- Set of mixing bowls
- Vegetable peelers
- Cut gloves

Instructions:

1. The assistant educator preps for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students.
2. Have an educator place 1 ½ cup uncooked bulgur wheat in a large container or bowl. Pour boiling water from the electric kettle over the grain, stir quickly to coat, and cover. Allow to stand for 10-12 minutes, or until all the water is absorbed and the grain is tender. Fluff with a fork and set aside.
3. Mise en place: Divide the class into three groups.
 - a. Group 1: Cut the lemon into 2 pieces and squeeze the juice into a bowl. Add olive oil, cumin, salt, and pepper. Discard the lemons and set the mixture aside.
 - b. Group 2: Divide the pint of tomatoes among the students. Quarter the tomatoes and set aside in a bowl.
 - c. Group 3: Separate the leaves and stems of the parsley. Discard the stems, then finely chop the leaves. Measure chopped parsley into a bowl. Meanwhile, peel the cucumber, cut in half lengthwise, and remove the seeds. Dice the entire cucumber and combine with the parsley.
4. Combine all the ingredients in a large bowl and toss well to mix. Let sit until ready to eat.
5. Serve and enjoy!



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Nutrition Facts

Serving Size **1 × 8 Serving**

Amount Per Serving

Calories 164.6

% Daily Value*

Total Fat	7.3 g	9 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	234.6 mg	10 %
Total Carbohydrate	23.2 g	8 %
Dietary Fiber	4.3 g	15 %
Total Sugars	1.8 g	
Added Sugars	0 g	0 %
Protein	4 g	
Vitamin D	0 mcg	0 %
Calcium	31.3 mg	2 %
Iron	1.4 mg	8 %
Potassium	295.5 mg	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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