

Tabbouleh

Makes 30 2-ounce servings

Time: 25 minutes



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Kitchen Tools:

- Cutting boards
- Lettuce Knives
- 1 citrus juicer
- Set of measuring spoons
- Set of measuring cups
- Prep bowls, assorted sizes
- Vegetable peelers
- 1 electric kettle
- Cut gloves

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
- 1 teaspoon salt
- ¾ teaspoon ground black pepper

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 1½ 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 them 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. An educator combines all the ingredients in a large bowl. Toss well to combine.
5. Serve and enjoy!

Tip for making this dish at home: Marination is really great for this salad! If you have the time, leave it to sit refrigerated for about half an hour before eating.

