



## **Tabbouleh with Garbanzo Beans & Feta**

1 ¼ cup + 3 Tbsp. Cooked Bulgar  
2 ¾ oz. Fresh Cucumbers  
2 ¾ oz Garbanzo Beans (drained)  
2 ¾ oz Plum Tomatoes  
2 Tbsp. + ½ tsp. Green Onions  
2 Tbsp \_ ¼ tsp. Pasteurized Fresh Lemon Juice  
2 Tbsp. + 2 ½ tsp. Olive Oil  
2 Tbsp. + 2 ½ tsp. Parsley Leaves  
½ tsp. Kocher Salt  
3/8 tsp. Ground Black Pepper  
1 ¾ oz. Feta Cheese

### Procedure:

Prepare Cooked Bulgar according to recipe. Using a vegetable peeler, peel cucumbers lengthwise on 4 sides, creating green strips. Cut in half lengthwise and remove seeds. Dice 1/4 inch.

Combine all ingredients. Toss gently to evenly coat and distribute. Hold refrigerated at internal temperature of 40 degrees F. Place in chilled service container and hold at internal temperature of 40 degrees F.

Portion: 24 – 1 oz. servings

Shelf Life: Use within 24 to 48 hours.