

Rice Tabbouleh

Makes: 96 Servings

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Ingredients	Weight	Measure
Brown rice, cooked		3 gal
Olive oil		1 qt
Lemon juice		3 cup
Salt		1/3 cup
Pepper		1/3 cup
Parsley, flat-leaf, chopped		1 gal
Mint leaves, minced		1 qt
Cucumbers, peeled, chopped		

Nutrition Information

Nutrients	Amount
Calories	196
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	406 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

Tomatoes, chopped	1 qt
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Directions

1. Combine cooked rice, olive oil, lemon juice, salt, pepper, parsley, min, cucumber and tomato.
2. Stir until well blended.
3. Serve as a side dish.

Source: USA Rice Federation