

Bulgur with Apples and Cinnamon

Serving: ½ cup

Ingredients	50 servings	100 servings
Water	2 quarts, 2 cups	5 quarts
Bulgur (fine or medium)	1 pound, 12 ounces (1 quart, 1 cup)	3 pounds, 8 ounces (2 quarts, 2 cups)
Apples	8 pounds (16 apples)	16 pounds (32 apples)
Lemon juice	2 tablespoons, 1½ teaspoons	¼ cup, 1 tablespoon
Honey	1 cup, 2 tablespoons	2¼ cups
Cinnamon	2 tablespoons, 1½ teaspoons	¼ cup, 1 tablespoons

Directions

- Bring the water to a rapid boil.
- Remove from the heat and add bulgur. Let it sit, covered, stirring once, 15 minutes for fine, 25 minutes for medium. (Bulgur may vary. If there is any excess water, drain.)
 - CCP: Heat to 165 degrees F or higher.
- Wash apples following HACCP SOP.
- Core, peel and chop the apples. Toss in lemon juice and roast, uncovered, until tender.
 - Convection oven: 325 F for about 15 minutes
 - Conventional oven: 375 F for about 20 minutes
- Add apples, honey and cinnamon to the bulgur. Stir lightly to combine. Best served warm.

If served hot

- CCP: Hold for hot service at 140 F or higher.

If served cold

- CCP: Cool from 140 F to 70 F within 2 hours and from 70 F to 41 F within 4 hours or cool from 140 F to 41 F within 4 hours.
- CCP: Hold for cold service at 41 F or lower.
- Portion using a No. 8 scoop (½ cup).

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Serving: 1 portion provides ½ serving grains and ½ cup fruits

Nutritional Analysis per serving	
Calories (kcal)	98
Cholesterol (mg)	0
Sodium (mg)	3.8
Dietary fiber (g)	3.3
Iron (mg)	0.4
Calcium (mg)	13.6
Vitamin A (IU)	30
Vitamin C (mg)	3.3
Protein (g)	1.7
Carbohydrate (g)	24.5
Total fat (g)	0.3
Saturated fat (g)	0

Preparation tips:

Apples: Can be cored using an inexpensive corer that separates the core and cuts the apple into wedges, or they can cut into wedges by hand.