

Healthy Hummus Wrap

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE (APPROVED FOR K-12 SCHOOLS)

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Select a minimum of four vegetable options below:				
Romaine lettuce, chopped	1 lb. 12 oz.		3 lbs. 8 oz.	
Mushrooms, sliced	1 lb. 8 oz.		3 lbs.	
Carrots, shredded	2 lbs.		4 lbs.	
Radishes, sliced	1 lb. 12 oz.		3 lbs. 8 oz.	
Spinach, chopped	2 lbs.		4 lbs.	
Tomatoes, diced	3 lbs. 8 oz.		7 lbs.	
Corn kernels, tempered	2 lbs. 4 oz.		4 lbs. 8 oz.	
Beets, shredded	2 lbs. 4 oz.		4 lbs. 8 oz.	
Zucchini, shredded	2 lbs.		4 lbs.	
Onion, sliced	2 lbs.		4 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Hummus:				
Garbanzo beans, drained or cooked from dry beans		2 ½-#10 cans OR 1 ½ gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Wrap, whole grain rich, 2 ounce equivalent		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce, water/chickpea brine and oil to vertical cutter mixer (VCM), blender or food processor. Mix until smooth.
2. Prepare a minimum of four vegetables listed above in the ingredients for the wrap.
3. Scoop 1-#8 scoop (1/2 cup) of hummus on each wrap and spread evenly.

4. Portion 1/8 cup each of the four chosen vegetable options. If using spinach or romaine lettuce, portion ¼ cup of each on the wrap.
5. Roll tortilla widthwise and cut in half. Serve both halves per entrée.

Serving Information

Alternative serving method: Roll each filled tortilla widthwise and using serrated knife, cut wrap into 1- inch slices for pinwheels.

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

Notes:

May also use AFRS Hummus (Dry Chickpeas) B-005-00 or Hummus (Canned Chickpeas) B-005-01 for the Hummus portion of the recipe.

May also use whole grain pita instead of tortilla.

Nutrition Information *From USDA Nutrient Database

Calories: 366 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 52g Fiber: 13g Total Sugar: 8g Protein: 12g Sodium: 675mg Vitamin A: 261µg
Vitamin C: 7mg Calcium: 244mg Iron: 4mg Folate: .151µg