

## Mediterranean Flatbread

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

### Process # 2 – Same Day Service

#### YIELD:

#### 50 Servings

#### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
<b>Pesto Sauce:</b>				
Oil, olive or vegetable		1 ½ cup		1 pint + 1 cup
Garlic powder		1 tsp.		2 tsp.
Parsley or Basil flakes, dry		1 cup		1 pint
<b>OR</b>		<b>OR</b>		<b>OR</b>
Parsley or Basil, fresh		2 cups		1 quart
OR Parsley or Basil, fresh		2 cups		4 cups
Lemon Juice		1 ½ Tbsp.		3 Tbsp.
<b>Hummus:</b>				
Garbanzo beans (chickpeas), drained or cooked from dry		1 ½ gallons + 1 cup		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
Flatbread, whole grain rich		50 each		100 each
<b>Optional garnishes:</b>				
Black olives, diced	15 ounces		1 lb. 14 oz.	
Tomatoes, finely diced or sliced	2 lbs. 9 oz.		5 lbs. 2 oz.	

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

## Preparation

1. Pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to vertical cutter mixer (VCM) or blender. Mix until smooth.
3. Place flatbread on an 18"x24"x1" bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Bake at 375°F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto.

7. Serve 2 Tbsp. diced or 3-4 slices of tomatoes and 2 Tbsp. diced black olives on the side as garnish.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## **Serving Information**

Each serving provides 2 meat/meat alternates and 2 oz. equivalent grains.

## **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.

## **Nutrition Information** \*From USDA Nutrient Database

Calories: 362 Total Fat: 16g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 2g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 47g Fiber: 9g Total Sugar: 6g Protein: 12g Sodium: 539mg Vitamin A: 10µg  
Vitamin C: 8mg Calcium: 53mg Iron: 6mg Folate: .84µg