



FRESH WALNUT HUMMUS

SERVINGS: 100 SERVINGS CALORIES: 305 KCAL

Nutty hummus serves as a more nutritious alternative to ranch dressing, and helps make fresh vegetables more appealing to picky eaters.

INGREDIENTS

6 pounds 4 ounces Walnuts,
California

2-1/2 # 10 cans Beans, garbanzo,
low sodium, drained USDA
#100360

1 quart 2-1/4 cups Lemon juice
reconstituted

1 quart 2-1/4 cups Salad dressing,
Italian

1 quart 2-1/4 cups Water tap,
municipal

1 cup 2 tablespoons Garlic powder

1/2 cup 1 teaspoon Red pepper
flakes crushed

INSTRUCTIONS

PRE-PREP:

1. Clean and sanitize workstation.
2. Pull garbanzo beans from dry storage.
3. Wipe off lids, open and carefully discard lids.
4. Drain beans well and place in bowl at workstation.
5. Pull California Walnuts from freezer and place at workstation.
6. Pull Italian dressing and lemon juice from cooler and place at workstation.
7. Pull garlic powder and crushed red peppers and place at workstation.
8. Set up 6 quart food processor with S blade.
9. Wash hands thoroughly and put on gloves.

PREP:

1. Place 1 pound 4 ounces of walnut pieces in bottom of food processor bowl. Pulse 10 times to chop; divide into 4 ounce portions and reserve for use when serving.
2. Prepare recipe in 5 equal batches.
3. For each batch, place 1 pound and 4 ounces of walnut pieces in bottom of bowl.
4. Add 1/2 #10 can of drained garbanzo beans.
5. Add 1-1/4 cup Italian dressing.
6. Add 1-1/4 cup lemon juice.
7. Add 1-1/4 cup cold water.
8. Add 3 tablespoons garlic powder.
9. Add 1 tablespoons plus 2 teaspoons crushed red pepper.
10. Cover and blend for 3 minutes.
11. Scrape down sides of bowl, cover.
12. Blend for 1 additional minute leaving some small chunks of beans and nuts visible.
13. Empty the hummus from the processing bowl into food storage container.
14. Yield per batch: 2.5 quarts
15. Repeat for 4 additional batches.
16. Total yield: 12.5 quarts

COOL:

1. Cover hummus and date stamp.
2. Place in cooler on shelf.
3. Refrigerate overnight to meld the flavors.

SERVE:

1. Serve 1/2 cup of hummus with a few pieces of reserved chopped nuts on top with fresh vegetables and whole grain choices, or a complete grab and go entrée.

RECIPE NOTES

Production Notes: California walnuts are best kept frozen, and can be used from a frozen state. Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).

Allergens Tree nuts.

CCP: Prepare foods at room temperature in two hours or less Prep:

CCP: Hold below 41° F

Yield 100 servings

Crediting: 2 oz meat/meat alternative (1 oz eq each from walnuts and beans)

NUTRITION FACTS PER SERVING (1SALAD)

Calories: 305 kcal | Fat: 24 g | Saturated fat: 2.5 g | Sodium: 245 mg | Carbohydrates: 18 g | Fiber: 5 g | Sugar: 2 g | Protein: 8 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.