

Mediterranean Flatbread



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM SARASOTA COUNTY SCHOOLS AND
VEGAN ON THE CHEAP, ROBIN ROBERTSON
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pesto Sauce:				
Oil, olive or vegetable		1 ½ cup		1 pint + 1 cup
Garlic powder		1 tsp.		2 tsp.
Parsley or Basil flakes, dry OR Parsley or Basil, fresh OR OR Parsley or Basil, fresh		1 cup OR 2 cups 2 cups		1 pint OR 1 quart 4 cups
Lemon Juice		1 ½ Tbsp.		3 Tbsp.
Hummus:				
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
Optional garnishes:				
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.

Mediterranean Flatbread

ADAPTED FROM SARASOTA COUNTY SCHOOLS AND
VEGAN ON THE CHEAP, ROBIN ROBERTSON
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

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



Meredith Lee/The HSUS

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.

Serving Information

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

Nutrition Information *From USDA Nutrient Database

Calories: 362 Total Fat: 13g Saturated Fat: 2g Carbohydrate: 47g(9g fiber) Protein: 12g Sodium: 543 mg