



Hummus

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Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe (*adapted from: USDA Recipe E-24*)

Ingredients:

Ingredient Name	Measurements
Chickpeas (garbanzo beans), canned, drained	2 #10 can
Lemon juice	3 ¼ cup
Tahini, sesame paste, unsalted	1 lb + 8 oz
Garlic, raw	1 cup + 1 Tbsp
Water	3 ¼ cup
Pepper, black, ground	1 Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Combine all ingredients in a food processor and puree to a smooth consistency.
2. Transfer hummus to hotel pan. Cover and refrigerate.
3. Hold at 41°F or lower until service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	193.86 kcal
Total Fat	9.71 g
Saturated Fat	1.28 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	347.80 mg
Total Carbohydrate	21.01 g
Dietary Fiber	6.66 g
Total Sugars	0.48 g
Protein	8.44 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*