

# Spicy Lemon Hummus

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, drained and rinsed, low sodium	16 lb	3.75 #10 cans			<ol style="list-style-type: none"> <li>Combine all ingredients in a food processor or VCM and puree to a smooth consistency.</li> <li>Spread 5 pounds of mixture into each 12"x20"x2 1/2" pan; use 4 pans for 96 portions. Option: sprinkle with light dash of paprika or cayenne pepper for color.</li> </ol> <p style="color: red;">CCP: Chill to 41°F or lower within two hours. Refrigerate until service.</p> <ol style="list-style-type: none"> <li>Portion with a No. 8 scoop.</li> </ol> <p style="color: red;">CCP: Hold at 41°F or below before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>If tahini is available, add 3 cups for 100 servings.</li> <li>Additional cayenne pepper and/or jalapeno pepper may be added if desired.</li> </ul>
Lemon juice		1 qt 1 pt			
Olive oil		3 cup			
Garlic, minced		1/2 cup			
Cumin, ground		1/2 cup			
Cayenne pepper		2 Tbsp			
Jalapeno pepper		4 cup			
Red bell pepper		4 cup			

Serving Size	1 Serving Provides	Yield
1/2 cup	3/8 cup beans/peas vegetable or 1 1/2 oz equivalent meat/meat alternate	100 servings

**Nutrients Per Serving**

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Calories	167	Vitamin A	464 IU	Iron	1.10 mg
Protein	5.3 g	Vitamin C	13.3 mg	Calcium	37.4 mg
Carbohydrate	19.3 g	Dietary Fiber	0.4 g	Cholesterol	0.0 mg
Fat	8.6 g	% Fat	46.7%	Sodium	189 mg
Saturated Fat	1 g	% Saturated Fat	5.8%		

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