

Power Hummus

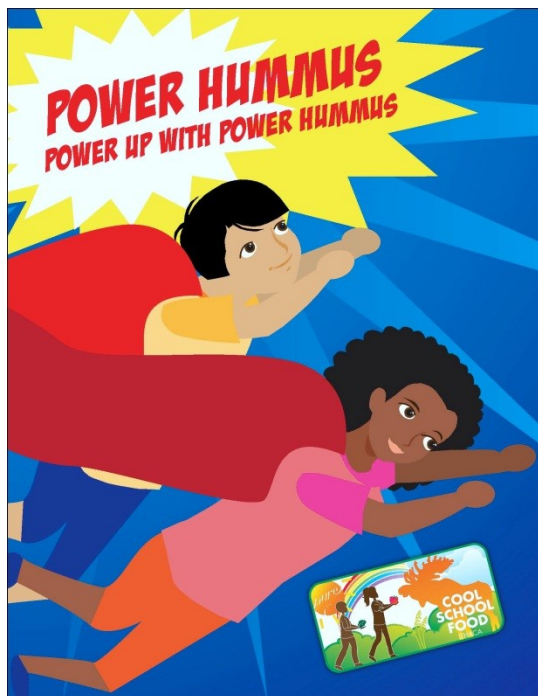
25 Servings

Hummus is a Middle Eastern recipe that is a favorite of children. Children love to dip and hummus is the perfect dip! It can be served many ways. You can't go wrong with hummus!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

- 6 ¼ cups dry garbanzo beans (12 ½ cups cooked) drain and reserve liquid
- 4 ½ tablespoons minced garlic (NYS farm product)
- 1 cup tahini or sunflower seed butter
- 2 1/3 cups finely chopped fresh parsley (NYS farm product)
- 1 ¾ cups lemon juice
- 4 ½ teaspoons salt
- 1 ¼ teaspoon ground cayenne pepper
- 2 1/3 teaspoons ground cumin



Poster by Michelle Bando, www.michellebando.com



Photo by www.dreamstime.com

Preparation:

1. Add beans and enough bean liquid to a food processor and process to a smooth consistency. Add all the other ingredients and process until very smooth and evenly colored.
2. Serve $\frac{3}{4}$ cup in whole wheat pita bread lined with lettuce leaf and shredded carrots or with fresh vegetables and whole wheat pita triangles for dipping.

Serving suggestions: Hummus is great as a dip for carrots, celery, cucumber sticks, peppers, zucchini, broccoli, and other vegetables. It can also be served with whole wheat pita bread cut into triangles. For gluten-free children, it could be served with rice crackers. It is also great served in a whole wheat pita, cut in half, with lettuce, shredded carrots, and sliced cucumbers. A scoop makes a great addition to a main dish salad in place of meat, eggs, or cheese.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving: #6 scoop

Nutrition information:

Calories: 377
Total fat: 10g
Saturated fat: 1.3g
Trans fat: 0g
Protein: 8.5g
Sodium: 454mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA

Note: Adding $\frac{1}{2}$ cup vegetables will result in 1 vegetable; adding 1 four-inch whole wheat pita bread will result in 1 Grain/Bread.

Meets Alliance School Meals criteria for legumes, lean protein and low fat entrée and contributes to daily fruit/vegetable total.