

# MEDITERRANEAN POCKET



## Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Beans, garbanzo, cooked or canned, low sodium		8 1/3 qt		16 2/3 qt	<p>1. Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, and turmeric. Roll into golf-ball size falafel balls and place on parchment-lined baking sheets. Spray with olive oil cooking spray and bake in a 350 degree oven for 30 minutes, or until golden.</p> <p>2. Blend sauce ingredients until creamy paste is formed.</p> <p>3. Fill each half pita with two falafel balls, 2 ounce ladle (1/4 cup) sauce, 1/2 cup lettuce, and 2 tomato slices.</p>	
Garlic cloves, pressed		5 cloves		10 cloves		
Bread crumbs		2 1/3 Tbsp		5 Tbsp		
Celery, minced		1 qt		2 qt		
Onions, chopped		3 cups		1 1/2 qt		
Cumin, ground		5 tsp		3 Tbsp, plus 1 tsp		
Turmeric		5 tsp		3 Tbsp, plus 1 tsp		
<b>Sauce Ingredients:</b>						
Tahini		4 cups, plus 3 Tbsp		8 1/3 cups		
Lemon juice		2 cups		1 qt		
Water		2 cups		1 qt		
Black pepper		3/4 Tbsp		1 1/2 Tbsp		
Basil		3/4 Tbsp		1 1/2 Tbsp		
Whole-wheat pita bread, halved		25 pitas		50 pitas		
Lettuce		1 1/2 gal		3 gal		
Tomato slices		100 slices		200 slices		



Serving	Yield	Volume
1/2 pita bread	50 Servings	50-1/2 pitas
Meal component contribution: Each serving provides 2 ounces meat/meat alternate and 1/2 cup vegetables.	100 Servings	100-1/2 pitas

Nutrients Per Serving							
Calories	457 kcal	Saturated Fat	2.16 g	Iron	5.43 mg	% of calories from fat	29.38%
Protein	17.83 g	Cholesterol	0 g	Calcium	196 mg	% of calories from saturated fat	3.98%
Carbohydrate	65.54 g	Vitamin A	55 mcg	Sodium	361 mg	% of calories from sugar	4.18%
Total Fat	15.97 g	Vitamin C	11.26 mg	Dietary Fiber	13.13 g		

Notes: Equipment list: 3 big bowls, 1 medium bowl, measuring cup, large food processor, paring knives, 8 inch knives, pestle and pastry brush, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.