

Pico Hummus Gyro

Mediterranean hummus gyro recipe with California fresh pico de gallo developed by the California Culinary Centers for school food service menu planning.

Yields 48 Servings

This recipe yields 48–10 inch pico hummus gyros.

Ingredients

Ingredients list includes measure by **weight** or volume. Choose one measure, either **weight** or volume, for the ingredient. **Weight** is listed first in bold.

- **106 ounces** or 1 number 10 can salsa (U.S. Department of Agriculture [USDA] food item)
- **1.4 ounces** or ½ bunch as purchased (AP) fresh cilantro
- ½ **pound** AP or 4 limes for pico de gallo
- **2 pounds** AP or 16 limes for hummus
- **1½ pounds** AP whole fresh red onions
- 24 cloves AP fresh peeled garlic
- 2 number 10 cans garbanzo beans (USDA food item)
- 2 cups olive oil
- ¼ cup cayenne pepper
- 2 tablespoons ground cumin
- ¼ cup Greek seasoning
- **2 pounds and 8 ounces** AP fresh red bell peppers
- **2 pounds and 8 ounces** AP fresh green bell peppers
- **5 pounds** ready-to-serve spring mix lettuce
- **4 pounds** AP fresh cucumbers
- 48 whole grain-rich flour tortillas, 10 inch round, 2 ounces each

Directions

To Prepare Salsa (may be prepared up to two days in advance)

1. Place salsa into large mixing container.
2. Rinse cilantro under cool running water. Chop leaves and 1 inch of stems finely to measure 1 cup.
3. Rinse limes under cool running water. Juice limes. Use 4 limes or ½ cup for the pico de gallo and 16 limes or 2 cups for the hummus.
4. Peel and trim onions. Dice onions finely to measure 2 cups.
5. Peel and trim garlic. Dice finely to measure ¼ cup.
6. Combine salsa, cilantro, lime juice, onions, and garlic. Refrigerate at 41°F or lower. Critical Control Point (CCP): Refrigerate salsa, cilantro, lime juice, onions, and garlic mixture at 41°F or lower.

To Prepare Filling

7. Rinse and drain beans.
8. Combine beans, lime juice, oil, pepper, cumin, and Greek seasoning in large container.
9. Pureé bean mixture in food processor in batches, if necessary. Pureé until consistency is smooth.
10. Rinse bell peppers under cool running water. Cut in half and remove seeds. Dice into ¼ inch pieces.
11. Mix red and green bell peppers together into bowl, set aside for assembly.
12. Place lettuce spring mix in large bowl.
13. Rinse cucumbers under cool running water. Trim ends off and slice ¼ inch thick slices.
14. Place cucumbers in bowl and set aside for assembly.

Assembly of Gyros

15. Lay out tortillas on parchment paper on flat surface for assembly.
16. Spread ½ cup or one number 8 scoop hummus on tortilla leaving a 1 inch border.
17. Sprinkle ¼ cup or one number 16 scoop bell pepper mixture evenly over hummus.
18. Layer 5 slices or ¼ cup cucumbers over peppers and hummus.
19. Sprinkle 1 cup or one number 4 scoop lettuce spring mix over cucumbers.
20. Top with ¼ cup or one number 16 scoop pico de gallo.
21. Fold sides in and roll burrito style. Slice diagonally and serve both halves.
22. Serve immediately one pico hummus gyro for each serving or hold for service in refrigerator.
CCP: Hold pico hummus gyros at 41°F or lower for service.

Nutritional Analysis

- Calories, in K calories: 475.00
- Carbohydrates, in grams: 72.60
- Protein, in grams: 13.40
- Saturated fat, in grams: 2.40
- Trans fat, in grams: 0
- Total fat, in grams: 15.50
- Sodium, in milligrams: 725.80

Recipe Options

The CA Culinary Centers have calculated and tested the yields for this standardized recipe. You may choose to vary the spices in the recipe to meet the taste preferences of your students. For example, using a 1.5 to 2 ratio for spices when doubling the recipe yield from 50 to 100. However, changing or substituting any other ingredients may result in a different yield, meal contribution, or dietary specification, and should be considered a different recipe. To learn more about how to standardize your recipe visit the [CA Culinary Centers Standardized Recipes web page](#) Resources tab.

Serving Suggestion

- Yield 48 –10 inch pico hummus gyros

Contribution to Meal Pattern

The contribution to the meal pattern for this recipe is based on the suggested serving size above.

- 1.75 ounce equivalents meat/meat alternative
- 2 ounce equivalents whole grain-rich
- 1¼ cup vegetable (½ cup dark green vegetable, ⅜ cup red/orange vegetable, and ⅜ cup other)

If you decide to modify this recipe or serving size, you may use the tools available on the [CA Culinary Centers Standardized Recipes web page Resources tab](#) to create your own standardized recipe or find the contribution to the meal pattern.

U.S. Department of Agriculture Food Items

- Salsa, canned
- Garbanzo beans, canned

Recipe Roots (Flavor Profile)

- Mediterranean

Preparation Time

- Preparation to serve time: 2 hours for 48 servings and 2 hours and 30 minutes for 96 servings.

Critical Control Point (CCP)

- CCP: Refrigerate salsa, cilantro, lime juice, onions, and garlic mixture at 41°F or lower.
- CCP: Hold pico hummus gyros at 41°F or lower for service.