

Hummus Recipe

La Conner School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, drained (reserve ½ cup of liquid)	1 lb 5 oz	3½ cup	2 lb 9 oz	6¼ cup			<ol style="list-style-type: none"> Mash the garlic in a food processor until fine. Add the garbanzo beans and whirl until smooth. Add the tahini, lemon juice, salt, and olive oil and continue to process to smooth. Add parsley and process again. Thin out the mixture with left over garbanzo liquid until it is the right consistency for dipping. <p>CCP: Hold at 41° F or below for cold service.</p> <p>Note: Use with carrots, cucumber, broccoli, red bell pepper on the salad bar, or serve 2 T with 8 tortilla chips as a bread serving.</p>
Garlic cloves		4 cloves		8 cloves			
Tahini, toasted		½ cup		1 cup			
Lemon Juice		4 Tbsp ½ tsp		8 Tbsp 1 tsp			
Olive Oil		¼ cup		½ cup			
Sea Salt		½ tsp		1 tsp			
Parsley, fresh		½ cup		1 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 45	Saturated Fat: .39 grams	Sodium: 45.83 mg

Hummus

Recipe Category: Vegetable (legumes)

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, canned	4 lb 5 oz	$\frac{2}{3}$ No.10 Can	8 lb 9 oz	1 $\frac{1}{2}$ No.10 Can			1. Drain and grind garbanzo beans. 2. Grind and combine all ingredients and chill to 40°F Serve with Gyros Sandwich CCP: Hold at 41° F or below for cold service.
Garlic cloves		8		17			
Salt		1 tsp		2 tsp			
Lemon Juice		$\frac{1}{2}$ cup		1 cup			
Tahini		1 $\frac{1}{3}$ cup		2 $\frac{2}{3}$ cups			
Parsley, fresh, chopped		$\frac{2}{3}$ Cup		1 $\frac{1}{3}$ cup			
Cayenne Pepper		$\frac{1}{3}$ tsp		$\frac{2}{3}$ tsp			
Olive Oil		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup			
Water		2 Tbsp 2 tsp		$\frac{1}{3}$ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
3 Tbsp	100	Approx. 1 gallon 5 cups for 100 servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{6}$ cup (legumes)	

Nutrient Analysis		
Calories: 104	Saturated Fat: .85 gram	Sodium: 182 mg

Lentil or Garbanzo Bean Hummus

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		72 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, cooked or Garbanzo Beans, cooked	1 lb 1 oz dry	1 qt 3 1/2 cup cooked	2 lb 2 oz dry	4 qt 2 5/8 cups cooked	1 lb 8oz dry	11 1/4 cups cooked	DIRECTIONS FOR 9 CUPS (72 SERVINGS) 1. In a large saucepan, bring 2 qt. of water to a boil and simmer lentils about 15 minutes, or until al dente. 2. Drain lentils and rinse under cold water, draining well. 3. Transfer lentils to a bowl and chill for 20 minutes. 4. In a food processor puree lentils, tahini, garlic, lemon juice, and 1/2 cup water until smooth. 5. With motor running add oil in a stream, adding up to 1/4 cup remaining water if mixture is too thick. 6. Season hummus with pepper. Hummus may be made one day ahead and chilled. Cover surface with plastic wrap. CCP: Hold at 41°F or below for cold service.
Tahini (Sesame Seed Paste)		1 1/8 cup		2 1/8 cups		1 1/2 cups	
Garlic, minced & mashed		10 cloves		20 cloves		15 cloves	
Lemon Juice, fresh		2/3 cup		1 1/8 cup		1 cup	
Water		1 cup		2 1/8 cups		1 1/2 cups	
Pepper		To taste		To taste		To taste	
				To taste		To taste	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	72 Servings 100 Servings 50 Servings	Approximately 9 cups Approximately 12 1/2 cups Approximately 6 1/4 cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		1/2 cup legumes	

Nutrient Analysis		
Calories: 71	Saturated Fat: .49 gram	Sodium: 14 mg