



RECIPE NAME: Happy Hummus

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: ¼ cup	
Serving Utensil: #16 scoop	
Servings per Pan:	

Recipe Adapted From:

Lopez Island School District



Ingredients	Weight	Measure	Procedure
Garbanzo Beans, Canned Garlic, Raw Salt Lemon Juice, Canned or Bottled, From Concentrate Sesame Butter (Tahini) Parsley, Fresh, Chopped Olive Oil Water	8 lb 10 oz	1 1/3 #10 can 16 cloves 2 tsp 1 cup 2 2/3 cups 1 1/3 cups 2/3 cup 1/3 cup	<ol style="list-style-type: none"> 1. Drain and rinse beans well before using. 2. Mash beans together with lemon juice until smooth (in a food processor or a blender, if possible). 3. Transfer to a bowl, add remaining ingredients, and mix well. 4. Chill to <40°F. <p>CCP: Hold at 40°F or below for cold service. ** Can be made a day in advance.</p>
Total Yield:	Number of Pans:		
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/MeatAlternate						
Vegetable Subgroups	DG	B/P	R/O	S	O	
		1/4 c.				
Fruits						
Grains						
Calories:	99					
Saturated Fat (g):	0.72 g					
Sodium (mg):	166.97 mg					