



**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: 50	
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, Bottled Sesame Butter (Tahini) Parsley, Fresh, Chopped Olive Oil Water	4 lb 5 oz	⅔ #10 can 8 cloves 1 tsp ½ cup 1 ⅓ cups ⅔ cup ⅓ cup 2Tbsp + 2 tsp	<ol style="list-style-type: none"> <li>1. Drain and rinse beans well before using.</li> <li>2. Mash beans together with lemon juice until smooth (in a food processor or a blender, if possible).</li> <li>3. Transfer to a bowl, add remaining ingredients, and mix well.</li> <li>4. Chill to &lt;40°F.</li> </ol> <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:	Pan Size:
Measure (volume):	

**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	
		¼ c.				
Fruits						
Grains						
Calories:	98					
Saturated Fat (g):	0.72 g					
Sodium (mg):	166.95 mg					