

Chobani Hummus and Carrots

Serving Size: 1/4 cup (119g)

Nutrition Facts	
Calories 120 Calories from Fat 40	
% Daily Value	
Total Fat 4g	7%
Saturated Fat 0g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carb. 18g	6%
Fiber 5g	19%
Sugars 5g	
Protein 5g	
Vitamin A 210%	Vitamin C 0%
Calcium 6%	Iron 8%

NSLP Counts as 3/4 cups of vegetables
(includes 1/2 cups of red/orange vegetables)
(includes 1/4 cups of bean/peas).

This recipe meets MA Nutrition Standards
for category *Vegetables*.

Ingredients: carrots, chickpeas, lemon juice, tahini, nonfat greek yogurt, water, garlic, black pepper, cumin seed

Allergens: Contains Milk

Recipe

Servings: 100

5 oz garlic, cloves, peeled
2 cup nonfat greek yogurt
1.25 cup water
1 tbsp black pepper
1 tbsp cumin seed, ground
2.5 cup tahini
3 cup lemon juice
50 cup carrots, baby
21 cup chickpeas, canned, drained

Steps

1. Combine all ingredients except for the carrots in a food processor and puree to a smooth consistency. Wash and set aside carrots until ready to serve.

2. Spread 5 lb. 1/2 oz (approximately 3 qt 1 cup) into each shallow pan (12" x20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
3. CCP: Chill to 41 F or lower within 4 hours. Cover. Refrigerate until service. Serve 1/2 cup of carrots on the side.
4. Portion hummus with No. 16 scoop (1/4 cup). Hand pick 7 carrots to serve along with hummus.