

Hummus

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI *Power Up with Plant-Based Lunches Workshop-to-Go*

Ingredients:

Ingredient Name	Measurements
Beans, Garbanzo (chickpeas), Low-sodium, Canned	1 ¾ gallon + ½ cup
Garlic, minced	14 cloves
Lemon juice	2 1/3 cups + 1/2 Tbsp
Sesame butter, Tahini paste	¾ cup + 2 Tbsp
Olive oil	1 ¾ cups + ½ Tbsp
Water	¾ cup + 2 Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Add all ingredients to food processor.
2. Blend until desired consistency is reached.
3. Hold for cold service at 41° F or lower.

** Can use #10 can chickpeas, 68.4 oz (10.5 cups).

***Serving Size: 1/2 cup (No 8 scoop) provides 2 oz meat/meat alternate OR 1/2 cup vegetables (beans/peas/legumes).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	259.89 kcal
Total Fat	11.37 g
Saturated Fat	1.52 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	163.72 mg
Total Carbohydrate	33.23 g
Dietary Fiber	6.51 g
Total Sugars	0.30 g
Protein	7.65 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup
Meat/Meat Alternate	(OR – instead of vegetable) 2 oz.

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of “John C. Stalker” as the district.*