

Roasted Red Pepper 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
Peppers, sweet red bell, roasted, chopped	1 gal
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 aside from roasted red peppers to food processor and process for 1 minute. Scrape down sides.
2. Drain peppers and pat dry.
3. Add peppers to food processor and process until reached desired consistency.
4. 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	274.73 kcal
Total Fat	11.51 g
Saturated Fat	1.54 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	165.64 mg
Total Carbohydrate	36.12 g
Dietary Fiber	7.52 g
Total Sugars	2.31 g
Protein	8.12 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup (beans/peas/legumes) and 1/8 cup (red/orange)
Meat/Meat Alternate	(OR – instead of beans/peas/legumes) 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.*