

Hummus

Recipe Component: Meat Alternate

Recipe Category: Dip

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
No added salt garbanzo beans, canned (undrained)	8 lb 9 oz	1 $\frac{1}{3}$ No. 10 can			<ol style="list-style-type: none"> 1. Drain garbanzo beans. 2. Combine all ingredients in a food processor. 3. Blend until smooth. 4. Refrigerate promptly. 5. CCP: Hold at 41° F or less for cold service. 6. For SAS and older children, may garnish with parsley (optional).
Minced garlic		2 Tbsp			
Salt		2 tsp			
Lemon juice		1 cup			
Tahini		2 $\frac{2}{3}$ cup			
Parsley, fresh, chopped		1 $\frac{1}{3}$ cup			
Cayenne pepper		$\frac{2}{3}$ tsp			
Olive oil		$\frac{2}{3}$ cup			
Water		$\frac{1}{3}$ cup			
Salt free flavor blends, such as lemon pepper, fiesta lime or original		2 tsp			

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Notes:

Nutrition information calculated using Food Processor.



Serving: 6 Tbsp provides 1 oz meat alternate

Serving size may vary. **Check menu notes.**

1-2 years: 3 Tbsp provides ½ oz meat alternate

3-5 years: 3 Tbsp provides ½ oz meat alternate

6-18 years: 6 Tbsp provides 1 oz meat alternate

Nutrients Per Serving

Calories	161.33	Saturated Fat	1.43 g	Iron	1.09 mg
Protein	5.22 g	Cholesterol	0 mg	Calcium	38.63 mg
Carbohydrate	12.62 g	Vitamin A	8.29 RAE mcg	Sodium	187.68 mg
Total Fat	10.72 g	Vitamin C	3.54 mg	Dietary Fiber (2016)	3.31 g