

Hummus

FOOD SERVICE RECIPE CARD

INGREDIENTS	QUANTITIES	COST
Total	Amount of Servings	Unit
	16 2 oz. portions	
Canned garbanzo beans or fresh cooked beans	CCP 4 cups.	
Tahini paste (sesame seed paste)	¼ cup	
Garlic cloves, minced	2 t.	
Juice of 1 lemon		
salt	1 T.	
Olive oil	¼ cup	

Total Cost _____

Per _____

Sanitation Instructions: Wash, rinse, and sanitize all equipment and utensils before and after use. Wash hands before handling food, after handling raw foods, and after any interruption that may contaminate hands. Return all ingredients to refrigerated storage if preparation is interrupted. Verify and record final cooking and hot-holding temperatures using a clean and sanitized thermometer.
CCP - Critical Control Point

METHOD:

- 1) In a food processor mash chick peas to a smooth paste.
- 2) Add tahini, lemon juice, garlic, olive oil and spices. Blend well.
- 3) Serve with sliced pita bread or as a sandwich spread.

Keep below 40 at all times.

131 calories, 4.5 g protein, 13 g carbohydrates, 3.5 g fiber, 7.2 g fat, 467 g sodium

1 starch exchange, 1 ½ fat exchanges