

# Hummus (with tahini)

HACCP Process #1 No Cook Preparation



1 Serving Provides:

CACFP: 1 ounces Meat/Meat Alternate

NSLP: 1 ounces Meat/Meat Alternate

SFSP: 1 ounces Meat/Meat Alternate

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Garbanzo beans	1 pound 4 ounces	3½ cups	2 pounds 8 ounces	1 quart + 3 cups
Lemon juice		¼ cup		½ cup
Vegetable oil		1 Tablespoon		2 Tablespoons
Water		¼ cup		½ cup
Tahini (sesame seed paste)	1 ounce	2 Tablespoons	2 ounces	¼ cup
Garlic powder		1 teaspoon		2 teaspoons
Salt		½ teaspoon		1 teaspoon



## Directions

1. Place all ingredients in a blender or a food processor. Blend to desired consistency (more time for a smooth dip, less for a chunky dip)
2. If hummus seems too thick, add 2 teaspoons of water.

CCP: Hold for cold service at 41°F or below.  
Serve ¼ cup portions.

Serving	Yield	Volume
¼ cup	12 servings, about 2 pounds 24 servings, about 4 pounds	12 servings, about 3 cups 24 servings, about 6 cups

Nutrients Per Serving			
Calories	72	Sodium	279 mg
Total Fat	3 g	Carbohydrate	9 g
Saturated Fat	0.5 g	Dietary Fiber	3 g
Cholesterol	0 mg	Protein	2.6 g
		Vitamin A	10 IU
		Vitamin C	3 mg
		Iron	1 mg
		Calcium	35 mg