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



	12 Servings		24 Servings		
Ingredients	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		1⁄4 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 $\frac{1}{4}$ cup portions.

Serving	Yield	Volume	Nutrients Per	Nutrients Per Serving						
· ·	12 servings, about 2 pounds 24 servings, about 4 pounds	12 servings, about 3 cups	Calories Total Fat	72 3 a	Sodium Carbohvdrate	279 mg 9 a	Vitamin A Vitamin C	10 IU 3 mg		
		24 servings, about 6 cups	Saturated Fat	0.5 g	Dietary Fiber	3 g	Iron	1 mg 35 mg		
			Cholesterol	0.5 g 0 mg	Protein	2.6 g	Calcium			

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.