## 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  $41^{\circ}$ 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			

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