



MEDITERRANEAN HUMMUS CUP

Recipe Project Name/Written By:	Mideast Dairy Association
Recipe Category:	Lunch, Grab & Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	50 minutes
Cook Time:	0 minutes
Total Time:	50 minutes
K-12 Portion Size:	10 ounces
Meal Pattern Contribution:	1 oz eq m/ma or 1/4 cup beans/peas/lentils, 1/2 cup other vegetable

INGREDIENTS	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Yogurt, plain, low-fat	6 lb	3 qt	12 lb	6 qt
Onion powder		2 Tbsp		1/4 c
Oregano, dried leaves		2 Tbsp		1/4 c
Garlic powder		1 Tbsp		2 Tbsp
Bell pepper, any color, diced 1/2"	1 lb 2.5 oz	3 1/2 c	2 lb 5 oz	1 qt + 3 c
Cucumber, diced 1/2"	1 lb 4 oz	3 1/2 c	2 lb 8 oz	1 qt + 3 c
Tomato, diced 1/2"	1 lb 10 oz	3 1/2 c	3 lb 5 oz	1 qt + 3 c
Onion, red, diced 1/4"	8 oz	1 1/2 c	1 lb	3 c
Lemon juice		1/4 c		1/2 c
Hummus, red pepper	3 lb 3 oz	1 1/2 qt	6 lb 6 oz	3 qt

DIRECTIONS
CCP: No bare hand contact with ready to eat food.
1. In a large bowl or container, whisk together yogurt, onion powder, oregano, and garlic powder until thoroughly combined.
2. Refrigerate for a minimum of 3 hours to allow flavors to develop.
CCP: Hold at 41° F or below.
CCP: No bare hand contact with ready to eat food.
3. In a separate bowl or container, combine bell pepper, cucumber, tomato, onion, and lemon juice.
4. In a 12 oz cup, layer: -#8 disher yogurt -#16 disher hummus -#8 disher veggie mix
CCP: Hold and serve at 41° F or below.
CCP: No bare hand contact with ready to eat food.
6. Serve one cup per student.

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NUTRITION INFORMATION

Serving Size	10 oz cup
NUTRIENTS	AMOUNT
Calories	224
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	7 mg
Sodium	337 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	10 g
Added Sugars	0 g
Protein	10 g
Vitamin D	13 mcg
Calcium	235 mg
Iron	3 mg
Potassium	536 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	24 Servings	48 Servings
Peppers, bell, fresh	1 lb 7 oz	2 lb 14 oz
Cucumbers, fresh	1 lb 5 oz	2 lb 9 oz
Tomatoes, fresh	1 lb 14 oz	3 lb 13 oz
Onions, mature	9 oz	1 lb 3 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

If time allows, cups can be made into 6 layers using a #16 disher yogurt, #30 disher hummus, and a #16 disher vegetables.

YIELD/VOLUME

24 Servings	48 Servings
N/A	N/A

