



HTIPITI WHIPPED FETA AND RED PEPPER SPREAD BENTO BOX

Recipe Project Name/Written By:	Dairy West, Revised by To Taste
Recipe Category:	Lunch, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	40 minutes
Cook Time:	0 minutes
Total Time:	40 minutes
K-12 Portion Size:	#24 disher Htipiti, 2 oz hummus, 1/2 cup veggies, 2 oz pita
Meal Pattern Contribution:	2 oz eq WGR grain, 2 oz eq m/ma, 1/2 cup vegetable

INGREDIENTS	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Cheese, feta, crumbled	1 lb 14 oz		3 lb 12 oz	
Cheese, cottage, 2%, reduced sodium	1 lb 4 oz		2 lb 8 oz	
Bell pepper, red, roasted	10 oz		1 lb 4 oz	
Oil, extra virgin olive		1/4 c + 1 Tbsp		1/2 c + 2 Tbsp
Honey		3 Tbsp + 1 tsp		1/4 c + 2 Tbsp + 2 tsp
Lemon juice		1 Tbsp + 2 tsp		3 Tbsp + 1 tsp
Black pepper		2 1/2 tsp		1 Tbsp + 2 tsp
Hummus	5 lb		10 lb	
Veggies, school choice (carrots, celery, cucumber, etc.)		1 gal + 1 qt		2 gal + 2 qt
Pita bread, whole wheat, 6", 2 oz, cut into fourths		40 each		80 each

DIRECTIONS	
CCP: No bare hand contact with ready to eat food.	
1. Using a food processor, or electric mixer and large bowl, combine the feta and cottage cheese. Process until well combined, stopping to scrape down the sides as necessary.	
2. Continue to process, approximately 30 seconds more, until the mixture is whipped and slightly larger in volume.	
3. Add the red pepper, oil, honey, lemon juice, and black pepper to the cheese mixture and process again until combined.	
4. Build a bento box with a #24 disher of Htipiti, 2 oz hummus, 1/2 cup veggies, and 1 whole pita bread (cut into fourths).	
CCP: Hold and serve at 41° F or below.	

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NUTRITION INFORMATION

Serving Size 2 oz spread

NUTRIENTS AMOUNT

Calories 426

Total Fat 18 g

Saturated Fat 5 g

Cholesterol 20 mg

Sodium 848 mg

Total Carbohydrate 54 g

Dietary Fiber 10 g

Total Sugars 9 g

Added Sugars 1 g

Protein 15 g

Vitamin D 0.1 mcg

Calcium 175 mg

Iron 3 mg

Potassium 408 mg

N/A=data not available.

ALLERGENS: Milk, Wheat

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

***MARKETING GUIDE**

Food as Purchased for	40 Servings	80 Servings

NOTES

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

Optionally, garnish Htipiti with sliced chives or green onion tops.

YIELD/VOLUME

40 Servings	80 Servings
N/A	N/A

