

## Hummus Flatbread



Customizable flat bread featuring hummus flavored with Roasted Garlic Flavor Concentrate.

Yield	50(12oz)/flatbreads
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
146	oz		1 gal	Roasted Garlic Hummus - prepared	
244	oz		50 each	Naan, whole wheat	
50	oz		3 qts	Carrots	medium dice, roasted
50	oz		3 qts	Yellow squash	medium dice, roasted
50	oz		3 qts	Green Bell Peppers	medium dice, roasted
24	oz		3 cups	Olive oil	
8	fl oz		1 cup	Red wine vinegar	
36	oz			Lettuce	baby blend

### Preparation Steps

1. Evenly spread hummus on one side of the naan. Top with carrots, squash and peppers.
2. Sauté naan over medium high heat until the bottom is crisp and toasted.
3. Combine oil and vinegar and toss baby lettuce in dressing.
4. Cut flatbread into quarters. Top the cut flatbread with baby greens.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	680.2
Energy (Kj)	2949.9
Protein (g)	21.6
Carbohydrate, total (g)	82.4
Fats, total (g)	30.6
Sugars, total (g)	8.3
Fats, saturated (g)	7
Fiber, total dietary (g)	13.7
Sodium (mg)	1167.7
Calcium (mg)	137.7
Cholesterol (mg)	1.4
Iron (mg)	4.8
Vitamin A (µg_RAE)	339.6
Vitamin C (mg)	33.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Jalapeno Hummus



Spicy hummus made with Fire Roasted Jalapeno Flavor Concentrate.

Yield	2-1/4 qts 24(3oz)servings
Serves	24
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz	1	cup	Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US	
4	lb	2	qt	Hummus	prepared

### Preparation Steps

1. Whisk together Fire Roasted Jalapeno Flavor Concentrate and hummus.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	139.2
Energy (KJ)	585.9
Protein (g)	6.2
Carbohydrate, total (g)	12
Fats, total (g)	8.2
Sugars, total (g)	0.3
Fats, saturated (g)	1.2
Fiber, total dietary (g)	4.7
Sodium (mg)	446.7
Calcium (mg)	31
Cholesterol (mg)	0
Iron (mg)	2
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	3
Vitamin A (µg_RAE)	2.8
Vitamin C (mg)	14.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Roasted Garlic Hummus



Garlicky hummus made with Roasted Garlic Flavor Concentrate.

Yield	68 oz 22(3oz)servings
Serves	22
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
5	oz	1/2 cup		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
4	lb	2 qts		Hummus	prepared

### Preparation Steps

- Whisk together the Roasted Garlic Flavor Concentrate and hummus.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	147.3
Energy (KJ)	618.9
Protein (g)	6.8
Carbohydrate, total (g)	13.7
Fats, total (g)	8.1
Sugars, total (g)	0.9
Fats, saturated (g)	1.2
Fiber, total dietary (g)	5.3
Sodium (mg)	531.6
Calcium (mg)	32.7
Cholesterol (mg)	0
Iron (mg)	2.1
Vitamin A (µg_RAE)	8.5
Vitamin C (mg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Herbs de Provence Hummus



Herbaceous hummus made with Herb de Provence Flavor Concentrate.

Yield	2 qts 21(3oz)servings
Serves	21
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	oz	2 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
4	lb	2 qts		Hummus	prepared

### Preparation Steps

1. Whisk together Herb de Provence Flavor Concentrate and hummus.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	149.5
Energy (KJ)	627.3
Protein (g)	6.8
Carbohydrate, total (g)	12.6
Fats, total (g)	8.9
Sugars, total (g)	0.1
Fats, saturated (g)	1.4
Fiber, total dietary (g)	5.2
Sodium (mg)	382.5
Calcium (mg)	34
Cholesterol (mg)	0
Iron (mg)	2.1
Vitamin A (µg_RAE)	3
Vitamin C (mg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# HUMMUS FLATBREAD

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ 9 lbs canned chick peas (garbonzo beans\*)
- ☐ Red wine vinegar 1 cup
- € ☐ Olive oil 2 qt
- € ☐ Whole wheat naan or similar flatbread 50 each, approx. 15.25 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- ☐ Approx. 24 lemons (3 cups juice\*)
- € ☐ Baby lettuce blend (organic if possible) 2 lbs 4 oz
- € ☐ Local seasonal vegetable 3 lbs
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- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- ☐ 4 oz peeled garlic\*

### > Frozen

€      €

### > Protein

€

### > Dairy

### > Refrigerated

- ☐ Hummus, prepared, plain 1-½ gallon
- € ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub-1 lb
- € ☐ MINOR'S Herb de Provence Flavor Concentrate 1 tub-1 lb
- € ☐ MINOR'S Fire Roasted Jalapeño Flavor Concentrate 1 tub-1 lb
- ☐ Tahini 3 cups\*

\*Used for the preparation of 1½ gallons of hummus

# HUMMUS FLATBREAD

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Prepare roasted garlic hummus recipe
- € ☐ Prepare herb de provence hummus recipe
- € ☐ Prepared jalapeño hummus recipe
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
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- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean and cut baby lettuce
- € ☐ Fill 1 8 oz bottle of red wine vinegar
- € ☐ Fill 3 8 oz bottles of olive oil

### > Day of Service

€

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Three 3 oz scoops for hummus
- € ☐ 3 spatulas for spreading hummus
- € ☐ 1 spatula for taking flatbread out of pan
- € ☐ Six ¼ cup scoops for vegetables
- € ☐ 1 small bowl for tossing greens
- € ☐ Tongs
- € ☐ Cutting board
- € ☐ Knife
- € ☐ Plates
- € ☐ Containers for holding cold vegetables (6)
- € ☐ Containers for holding cold hummus (3)
- € ☐ Basket with liner for flatbreads
- € ☐ Container for holding cold baby lettuce