

# Hearty Hummus & Quinoa Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Pita Bread, whole-grain rich		50 each		100 each
Quinoa, dry	3 ½ lbs.		7 lbs.	
Hummus, prepared *See Lemon Garlic Hummus recipe		1 ¾ gallons		3 ½ gallons
Israeli salad, prepared *See Israeli salad recipe		2 ½ gallons		5 gallons
Paprika, optional garnish		1 cup		1 pint

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Prepare hummus and Israeli salad following recipe cards.
2. Prepare quinoa as instructed on the box or bag.
3. Allow quinoa to cool (can be prepared the day before).

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

## Serving Information

To prepare the bowl, place ingredients in a 10 ounce bowl:

- ½ cup quinoa
- ½ cup hummus
- ¾ cup Israeli salad
- 1 pita

Sprinkle hummus with 1 tsp. paprika. Cover and serve on the line or as a grab & go option.

Each bowl is a reimbursable meal, providing 2 meat alternates, 2 grain equivalents and ¾ cup other vegetable. Childcare programs can cut the servings in half to provide 1 meat alternate, 1 grain equivalent and ¾ cup vegetable serving.

**Nutrition Information** per flatbread \*From USDA Nutrient Database

\*Nutrient information is an estimate and will vary based on products used at individual sites

Calories: 732 Total Fat: 21g Saturated Fat: 3g Monounsaturated Fat: 11g

Polyunsaturated Fat: 10g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 111g Fiber: 17g

Total Sugar: 4g Protein: 26g Sodium: 799mg Vitamin A: 1µg Vitamin C: 22mg Calcium: 129mg Iron: 8.5mg

Folate: 274µg

