

Spinach and Artichoke Flatbread with Lemon Garlic Hummus

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

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
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Flatbread, whole-grain rich		50 each		100 each
Hummus recipe				
Garbanzo or white cannellini beans, drained or cooked from dry		2 ½ -#10 cans OR 1 1/2 gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Garlic Clove		18 cloves		36 cloves
Cumin, ground		1/3 cup		1/3 cup
Salt		2 Tbsp.		1/4 cup
Black pepper		1 Tbsp.		2 Tbsp.
Lemon juice		2 ½ cups		1 ¼ quarts
Olive oil		1 pint		1 quart
Water (used for desired consistency)		1 quart		2 quarts
Pesto recipe				
Oil, olive or vegetable		1 ½ cups		1 ½ pints (3 cups)
Garlic powder		1 tsp		2 tsp
Basil, fresh		1 pint (2 cups)		1 quart (4 cups)
Lemon juice		1 ½ Tbsp.		3 Tbsp.
Toppings				
Artichoke hearts, chopped		¾ gallon + ½ cup (12 ½ cups total) OR 11-#300 cans		1 ½ gallons + 1 cup (25 cups total) OR 22-#300 cans
Spinach, fresh, chopped	2 lbs.		4 lbs.	

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: Add beans, garlic cloves, cumin, salt, black pepper, lemon juice and oil to vertical cutter mixer (VCM) or blender. Mix until smooth. Add water until desired consistency is reached.
2. Prepare pesto sauce: Add garlic powder, basil, and lemon juice to oil. Mix well.
3. Place flatbread on an 18"x24"x1" bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Portion ¼ cup spinach and ¼ cup artichoke hearts over hummus.
6. Bake at 375°F in convection oven for 5-10 minutes or until warm and flatbread is slightly crisp. Do not overbake.

Spinach and Artichoke Flatbread with Lemon Garlic Hummus Continued

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HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Each whole flatbread provides 2 meat/meat alternates, 2 ounces equivalent grains and $\frac{3}{8}$ cup vegetable (1/4 cup other vegetable and $\frac{1}{8}$ cup dark green vegetable) serving.

OR

Cut each flatbread in half to provide 1 meat/meat alternate, 1 ounce equivalent grain and $\frac{1}{8}$ cup vegetable serving.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 436 Total Fat: 21g Saturated Fat: 2.3g Monounsaturated Fat: 11.6g

Polyunsaturated Fat: 2.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47g Fiber: 10g

Total Sugar: 1g Protein: 13g Sodium: 712mg Vitamin A: 88 μ g Vitamin C: 18mg Calcium: 83mg Iron: 2.8mg

Folate: 114 μ g

