

Kindergarten 2017

Taste Test Tuesday

Leptondale Elementary

March 7th 2017

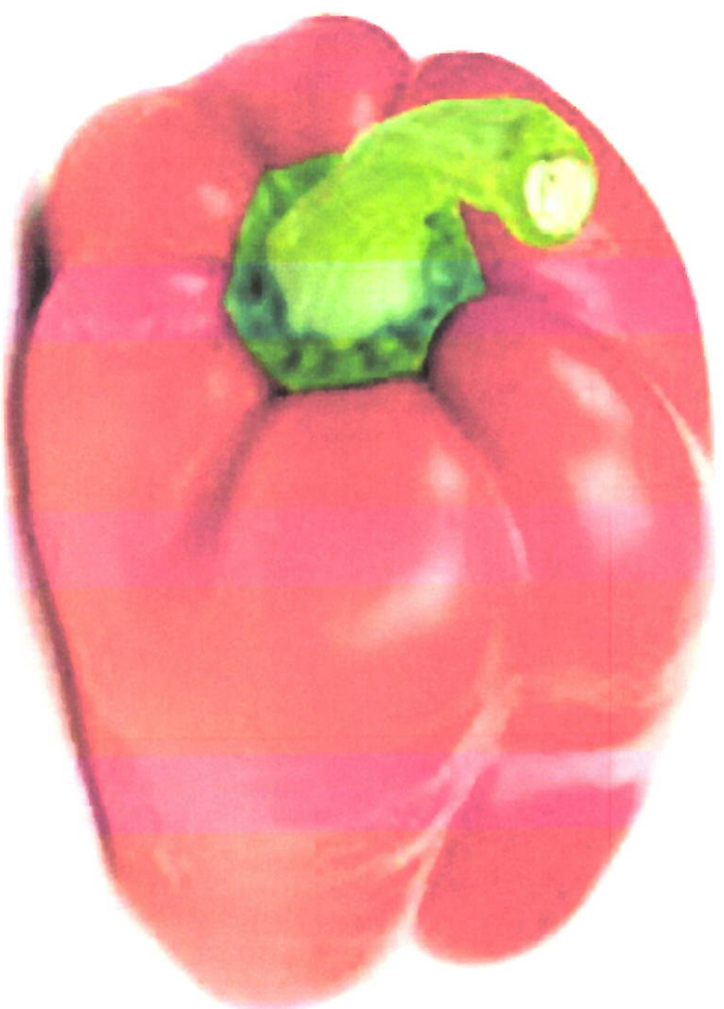
Tastings Available During Afternoon Snack Time

Hummus and Red Peppers





In addition to **protein** and **fiber**, the chickpeas used in hummus are high in iron, **folate**, phosphorus, and B vitamins (all especially important for vegetarians and vegans who may be lacking in these nutrients). Lemon juice also contains a high level of immunity boosting **vitamin C** and antioxidants.



Red Peppers – Vitamin C, Ant Inflammatory, Good for Heart Health, Good for your eyes, regulates blood pressure.



M52815 - VEG: PEPPERS, Red Strips1/2c

Comments:

Serving Size:	1 1/2 cup	HACCP Rule:	#1 No Cook			
		Cooking Temp:	Convection	°F	Standard (°F/°C)	°F
Amount Needed:	7 gal, 2 quart	Information:				
Cooking Equipment:		Internal Temperature:	Min	°F	Max	°F
		Serving Temperature:	Min	32 °F	Max	41 °F
Serving Pan:	HALF STEAM TABLE PAN 2" (12" x 10")	Holding Time:	0 Hrs. 0 Mins.			
Recipe Type:	VEGETABLES	Recipe Category:	SIDE DISHES			

Pre-Production Instructions

Ingredients	Measures
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BASE	
PEPPERS, RED FRESH - SEEDED, CUT	26 lb, 9 ozw

Group Instructions:

Assembly Instructions

- Wash and rinse all raw produce prior to use.
- Peppers - Cut in half remove stem and seeds. Cut peppers into strips.
- Into approved serving container, place 4-oz spoodle pepper strips.
- CCP: Hold at 41 F or lower for service.

Distributions

Amount	Station	Sub-assembly of	Serving Size	Date	Meal Period	No of Portions
7 gal, 2 quart			1 1/2 cup			80

Nutritional Information (Per Serving)

Calories (kcal)	Saturated Fat (g)	% of Calories From Sat Fat	Sodium (mg)
46.685	0.041	0.784 %	6.024

* Some values for this nutrient are unavailable; the number listed is incomplete.

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Super Easy Hummus



Recipe by: Chelsey

"Super easy hummus that only takes minutes. Great with veggies or pita chips. Really it's great with ANYTHING!"

Ingredients

4

121



Hannaford
2006 State Route 32
MODENA, NY 12548

- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 drops sesame oil, or to taste (optional)
- Add all ingredients to list

Directions

Prep	Ready In
5 m	5 m

- 1 Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

Footnotes

Cook's Note:

I usually end up using about half of the bean liquid, so be sure to reserve it!
Also, I like to let the flavors blend several hours or overnight before serving this.

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Extra Easy Hummus

★★★★★ 478

