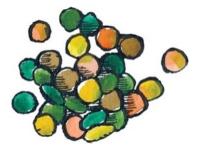
## **Luscious Lentil Hummus** Preparation time: 30 minutes | Cook time: 30 minutes to cook lentils





HACCP Process: \_\_\_\_\_1 – No Cook \_\_\_\_\_2 – Cook & Same Day Serve \_\_\_\_\_3 – Cook, Cool, Reheat, Serve \_\_\_\_\_4 – SOP Controlled

In modificate	For 50 Servings		For 100 Servings			
Ingredients	Weight	Measure	Weight	Measure	Directions	
Lentils, raw, dry (red/crimson or yellow lentils recommended)	1 lb 14 oz		3 lb 12 oz		Rinse the lentils.     Combine lentils and water in a large pan. The dried lentils will expand to	
Water		2 qt 2 cups		1 gal 1 qt	double their volume when cooked.	
Salt		3/4 tsp		1 1/2 tsp	<ol><li>Add the first amount of salt specified to the water and lentils. Note: Salt is added twice in this recipe.</li></ol>	
Tahini		1/2 cup		1 cup	Bring to boil. Simmer 20-30 minutes until lentils are tender.      Drain water from cooked lentils.	
Cumin		2 tsp		4 tsp	6. Transfer lentils in a large shallow pan, no more than 4" deep to cool.	
Curry powder		1 1/4 tsp		2 1/2 tsp	Place uncovered in cooler. Follow this 2-step cooling process:  Critical Control Point:	
Salt		1 Tbsp		2 Tbsp	a. Cool from 135°F to 70°F within 2 hours. (Take corrective action immediately if this is not met.)	
Chili powder		3/4 tsp		1 1/2 tsp	b. Cool from 70°F to 41°F or below within 4 hours. The total cooling process may not exceed 6 hours.	
Garlic, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	7. Combine cooked, cooled lentils with the tahini, cumin, curry powder, salt, chili powder, garlic, paprika, lemon juice, and yogurt. Using a food	
Paprika, smoked		2 1/2 tsp		1 Tbsp 2 tsp	<ul> <li>processor or immersion blender, blend until smooth.</li> <li>8. While blending, slowly add oil (while blending) until all ingredients are combined and smooth in texture.</li> <li>9. Store in refrigerator at 41°F or lower. The lentil hummus thickens as it cools.</li> </ul>	
Lemon juice		1/3 cup		2/3 cup		
Greek yogurt, plain		2/3 cup		1 1/3 cup		
Olive oil		1/2 cup		1 cup		



**Serving Size:** 1/4 cup (2 fl oz spoodle)

**Yield:** 50 servings = 12.5 cup | 100 servings = 25 cups

Meal Component Crediting (Based on Serving Size)

**1 Serving Provides:** 1.0 oz equivalent meat alternate or 1/4 cup legume.



Nutrition Analysis (Based on Serving Size)					
Calories (cal)	105				
Total Fat (g)	4.7 g				
Saturated Fat (g)	0.67 g				
Cholesterol (mg)	0.02 mg				
Sodium (mg)	180 mg				
Total Carbohydrate (g)	12 g				
Dietary Fiber (g)	2 g				
Total Sugars (g)	0.4 g				
Added Sugars included (g)	0.4 g				
Protein (g)	4.7 g				
Vitamin D	0 mcg				
Calcium (mg)	13 mg				
Iron (mg)	1 mg				
Potassium (mg)	135 mg				

Marketing Guide						
Food as Purchased for	50 Servings	100 Servings				
Lentils, raw, dried	1 lb 14 oz	3 lb 12 oz				



## Notes

Red or yellow lentils will yield the best color. Brown lentils take longer to cook and may need more water while cooking.



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest Original Source: Kori LaLiberty, Kyle Morlan, and staff, Shodair Children's Hospital, MT Standardized by: Robin Vogler and staff, Somers School District, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT





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