



FRESH WALNUT HUMMUS

HACCP Process Complex Food Preparation

YIELD

100 servings

(20) ½-cups per 2.5 quart batch,
total recipe yield is 12.5 quarts

MEAL COMPONENTS

2 oz eq meat/meat alternate (1 oz eq each
from walnuts and beans)

INGREDIENTS

California Walnuts	6 lb + 4 oz
Garbanzo Beans, Low Sodium, USDA #100360	2 ½ #10 can, drained
Lemon Juice, Reconstituted	1 qt + 2 ¼ cups
Italian Salad Dressing	1 qt + 2 ¼ cups
Water, Tap/Municipal	1 qt + 2 ¼ cups
Garlic Powder	1 cup + 2 tbsp
Crushed Red Pepper Flakes	½ cup + 1 tsp

ALLERGENS: Tree Nuts

DIRECTIONS

PRE-PREP

- Clean and sanitize workstation.
- Pull garbanzo beans from dry storage.
- Wipe off lids, open and carefully discard lids.
- Drain beans well and place in bowl at workstation.
- Pull California walnuts from freezer and place at workstation.
- Pull Italian dressing and lemon juice from cooler and place at workstation.
- Pull garlic powder and crushed red peppers and place at workstation.
- Set up 6-quart food processor with S blade.
- Wash hands thoroughly and put on gloves.
- CCP: Prepare foods at room temperature in two hours or less.

PREP

- Place 1 lb 4 oz of walnut pieces in bottom of food processor bowl. Pulse 10 times to chop; divide into five 4 oz portions and reserve for use when serving.
- Prepare recipe in 5 equal batches.
- For each batch, place 1 lb + 4 oz of walnut pieces in bottom of bowl.
- Add ½ #10 can of drained garbanzo beans.
- Add 1 ¼ cup Italian dressing.
- Add 1 ¼ cup lemon juice.
- Add 1 ¼ cup cold water.
- Add 3 tbsp garlic powder.
- Add 1 tbsp plus 2 tsp crushed red pepper.

(continued)

- Cover and blend for 3 minutes.
- Scrape down sides of bowl, cover.
- Blend for 1 additional minute leaving some small chunks of beans and nuts visible.
- Empty the hummus from the processing bowl into food storage container.
- Yield per batch: 2.5 quarts.
- Repeat for 4 additional batches.
- Total yield: 12.5 quarts.

COOL

- Cover hummus and date stamp.
- Place in cooler on shelf.
- Refrigerate overnight to meld the flavors.
- CCP: Hold below 41°F.

SERVE

- Serve ½ cup of hummus with a few pieces of reserved chopped nuts on top with fresh vegetables and whole grain choices, or a complete grab & go entrée.
- CCP: Hold below 41°F.



PRODUCTION NOTES

- California walnuts are best kept frozen, and can be used from a frozen state.
- Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).

APPROXIMATE NUTRIENTS PER SERVING

CALORIES	305
PROTEIN	8 g
CARB	18 g
TOTAL FAT	24 g
SATURATED FAT	2.5 g
TRANS FAT	0 g
CHOLESTEROL	0 mg
VITAMIN A	132 IU
VITAMIN C	7 mg
IRON	2 mg
CALCIUM	52 mg
SODIUM	245 mg
FIBER	5 g
SUGARS	2 g



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