

Lentil Squash Hummus

Category: _____ Source: Jenny and Luca Montague and Jessica Manly, Kalispell Public Schools

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 16 Servings	For 42 Servings	Directions: Include <i>step by step instructions</i> , the <i>critical control points</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature to be achieved to control a hazard).
	Measure	Measure	
Garbanzo beans, drain (reserve juice) and rinse	1 ½ cups	2 cups	<ol style="list-style-type: none"> 1. To cook lentils: Fill a baking pan with 2 parts water, 1 part lentils, cover with lid or foil, and bake at 375°F for 15-20 minutes until soft. Drain water, spread cooked lentils on a cookie sheet and cool to below 40 degrees F. 2. To roast garlic: Place a square of aluminum foil on a cookie sheet. Put desired number of peeled garlic cloves in the middle of foil. Drizzle with olive oil. Fold foil over and seal all three sides of foil pouch (by folding a few times). Place cookie sheet with aluminum foil pouch in a 375 degree oven for 30 – 40 minutes. Cool to below 40 degrees F on cookie sheet. 3. Blend all ingredients in food processor until creamy. 4. Refrigerate immediately and hold below 41°F. Store up to seven days or freeze up to one month. <p>Notes:</p> <ul style="list-style-type: none"> • Lentils credit as meat alternate. • Tahini is important to the flavor and consistency of the hummus, and should be available through your regular distributor. However, you can omit tahini, adding slightly more oil and lentils to achieve desired consistency.
Butternut squash, pureed (purchase frozen, or roast fresh squash and puree)	1 ½ cups	2 ½ cups	
Red lentils, cooked	1 cup	1 quart (about 1/2 quart uncooked)	
Tahini (see note about substitutions)	2 Tbsp	½ cup	
Olive/vegetable oil	1 Tbsp	1 cup	
Liquid (reserved garbanzo juice or cooled lentil cooking water)	As needed for consistency	As needed for consistency	
Salt	¾ tsp	1 ½ tsp (more to taste)	
Paprika	1/8 tsp	½ tsp	
Cumin	½ tsp	1 tsp	
Garlic cloves, roasted	1-3	6	
Lemon juice	1 Tbsp	2 Tbsp	

Serving Size ¼ cup (2 oz), ½ cup (4 oz) Pan Size _____

Oven Temperature & Baking Time:
 Temperature Minutes

Yield 16 (1/4 cup), 42 (1/2 cup)

Number of Pans _____

Conventional _____

Convection _____

Meal Component Fulfillment (Based on Serving Size)

Serving Size: 1/4 cup, 1/2 cup

0.5 oz, 1.0 oz Meat/Meat Alternative _____

_____ Dark Green Veg. _____

Or 1/8 cup, 1/4 cup Beans/Peas _____

Fruit _____

Starchy Veg. _____

Other Veg. _____

WW Grains/Breads _____

Red/Orange Veg. _____