

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

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lentils, raw, dry (red/crimson or yellow lentils recommended)	1 lb 14 oz		3 lb 12 oz		<ol style="list-style-type: none"> Rinse the lentils. Combine lentils and water in a large pan. The dried lentils will expand to double their volume when cooked. Add the first amount of salt specified to the water and lentils. Note: Salt is added twice in this recipe. Bring to boil. Simmer 20-30 minutes until lentils are tender. Drain water from cooked lentils. Transfer lentils in a large shallow pan, no more than 4" deep to cool. Place uncovered in cooler. Follow this 2-step cooling process: Critical Control Point: a. Cool from 135°F to 70°F within 2 hours. (Take corrective action immediately if this is not met.) b. Cool from 70°F to 41°F or below within 4 hours. The total cooling process may not exceed 6 hours. Combine cooked, cooled lentils with the tahini, cumin, curry powder, salt, chili powder, garlic, paprika, lemon juice, and yogurt. Using a food processor or immersion blender, blend until smooth. While blending, slowly add oil (while blending) until all ingredients are combined and smooth in texture. Store in refrigerator at 41°F or lower. The lentil hummus thickens as it cools.
Water		2 qt 2 cups		1 gal 1 qt	
Salt		3/4 tsp		1 1/2 tsp	
Tahini		1/2 cup		1 cup	
Cumin		2 tsp		4 tsp	
Curry powder		1 1/4 tsp		2 1/2 tsp	
Salt		1 Tbsp		2 Tbsp	
Chili powder		3/4 tsp		1 1/2 tsp	
Garlic, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika, smoked		2 1/2 tsp		1 Tbsp 2 tsp	
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 spoon)

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.

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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

N/A = data not available

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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