



Flatbread Fresh Market Side

Charcuterie style side dish, featuring local grapes, pictured here with the Charcuterie Flatbread; can be served on its own or as a side dish.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
California Department of Education

Preparation Time: 15 minutes

Cook Time: No cook

NSLP/SBP crediting information:

3 Tbsp hummus, ½ cup baby carrots, ¼ cup cucumbers, ½ cup cherry tomatoes, ½ cup grapes provide:

Crediting Beans, Peas, and Lentils as Meats/Meat Alternates: ½ oz eq meat/meat alternate, 1 cup red/orange vegetable, ⅛ cup additional vegetable, ⅛ cup other vegetable, ½ cup fruit.

Or

Crediting Beans, Peas, and Lentils as Vegetables: 1 cup red/orange vegetable, ⅛ cup additional vegetable, ⅛ cup beans and peas (legumes), ⅛ cup other vegetable, ½ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Hummus	4 lb 11 oz	2 qt 1 ¾ cups	9 lb 6 oz	1 gal 2 ¾ cups	<ol style="list-style-type: none"> 1. Portion 3 Tbsp of hummus into a 4 oz cup. Add hummus to small plate or board. 2. Plate 6 baby carrots (½ cup) per serving into 6 oz cups or arrange on board or small plate. 3. Arrange 4 slices of unpeeled cucumbers (¼ cup) on
Carrots, fresh, baby, rinsed	7 lb 14 oz	1 gal 2 qt 1 cup	15 lb 12 oz	3 gal 2 cups	
Cucumbers, fresh, unpeeled, cut slices ½-	4 lb ½ oz	3 qt ½ cup	8 lb 1 oz	1 gal 2 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
inch thick				1 cup	plate.
Tomatoes, fresh, cherry, whole, without stem, washed	8 lb 5 ³ / ₁₀ oz	1 gal 2 qt 1 cup	16 lb 10 ³ / ₅ oz	3 gal 2 cups	4. Arrange 6 whole cherry tomatoes ($\frac{1}{2}$ cup) on plate.
Grapes, green and red, fresh, seedless, without stem, in small bunches, washed	10 lb	1 gal 2 qt 1 cup	20 lb	3 gal 2 cups	<p>5. Add two small bunches of grapes (approximately 7 green grapes and 7 red grapes but can mix them to equal 14 grapes. (This is $\frac{1}{2}$ cup grapes or 3 ¹/₁₀ oz total).</p> <p>Critical Control Point: Hold for cold service at 41 °F or below.</p> <p>Optional: garnish hummus with a fresh or dried herb, such as chopped parsley, dill, chives, or oregano.</p> <p>6. Serve one plate or board.</p>



**FLATBREAD FRESH MARKET SIDE
NUTRITION INFORMATION**

3 Tbsp hummus, ½ cup baby carrots, ¼ cup cucumbers, ½ cup cherry tomatoes, ½ cup grapes

NUTRIENTS **AMOUNT**
Calories **181**

Total Fat	9.4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	146 mg
Total Carbohydrate	25 g
Dietary Fiber	3.6 g
Total Sugars	14 g
Added Sugars included	0 g
Protein	4.5 g
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Vitamin A	541 IU
Vitamin C	17.4 mg
Calcium	18.6 mg
Iron	1.9 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Side dish, Plant based, American style</p> <p>Equipment Needed: Kitchen scale</p> <p>Cooking Process #1: No Cook</p> <p>The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 34.85 pounds (11.1 oz per serving)	About 69.7 pounds (11.1 oz per serving)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

