Mediterranean Flatbread

ADAPTED FROM SARASOTA COUNTY SCHOOLS AND
VEGAN ON THE CHEAP, ROBIN ROBERTSON
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

THE HUMANE SOCIETY OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:	**50 Servings**		**100 Servings**	
Ingredients	Weight	Measure	Weight	Measure
Pesto Sauce: Oil		1 ½ cups		1 pint + 1 cup
Garlic powder		1 tsp		2 tsp
Parsley flakes, dry		1 cup		2 cups
Lemon Juice		1 ½ Tbsp		3 Tbsp
Hummus:		1 pint + 1 cup		1 quart + 1 pint
Garbanzo beans, drained	10 lb 3 oz	2.5 - #10 cans	20 lb 6 oz	5 - #10 cans
Onion Powder		1 Tbsp		2 Tbsp
Garlic Powder		1/8 cup		1/4 cup
Salt		1 Tbsp		2 Tbsp
Pepper		1 ½ Tbsp		3 Tbsp
Parsley		1/2 cup		1 cup
Basil		½ cup		1 cup
Lemon Juice		1 ¾ cups		3 ½ cups
Hot Sauce		1 Tbsp		2 Tbsp
Salad Oil		1 cup		1 pint
Flatbread, whole grain rich		50 each		100 each
Garnish: Black Olives, diced	15 oz	¼ - #10 can	1 lb 14 oz	½ - #10 can
Tomatoes, finely diced or sliced	2 lb 9 oz		5 lb 2 oz	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.
HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to VCM or blender. Mix until smooth.
3. Place flatbread on an 18'x24'x1' bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.



Meredith Lee/The HSUS

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5. Bake at 3750°F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto.
7. Serve 2 Tbsp diced or 3-4 slices of tomatoes and 2 Tbsp diced black olives on the side as garnish.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Each serving provides 2 meat/meat alternates and 2 oz equivalent grains.

Nutrition Information *From USDA Nutrient Database

Calories: 339 Total Fat: 15g Saturated Fat: 1.5g Carbohydrate: 41g(8g fiber) Protein: 10g Sodium: 520 mg