



VEGGIE TACOS WITH SABRA® CLASSIC HUMMUS

Each serving provides approximately: *

- 1-2 oz Grain eq – 2 whole wheat taco shells
- ½ oz Meat/Meat Alternate – 1 ounce **Sabra Classic Hummus**
- ¾ cup Vegetables – ¼ cup tomato (red/orange), ¼ cup onion (other), ¼ cup pepper (other)

*creditable amounts are dependent upon specific foods/ingredients used.

Veggie Tacos with Sabra® Classic Hummus

INGREDIENT	QUANTITY 100 servings	1 Serving
Thinly sliced yellow bell peppers	25 cups (7 lbs 13 oz)	1/4 cup (1.25 oz)
Thinly sliced white onion	25 cups (7 lbs 13 oz)	1/4 cup (1.25 oz)
Diced tomato	25 cups (9 lbs 6 oz)	1/4 cup (1.5 oz)
Whole grain corn taco shells	200 taco shells	2 taco shells
Sabra Classic Hummus	18 ¾ cup (9 lbs 6 oz)	3 Tbsp (1.5 oz)
Smoked paprika	8 Tbsp 1 Tsp	1/4 Tsp
Canola oil	8 Tbsp 1 Tsp	1/4 Tsp

PREPARATION

1. In a mixing bowl combine, 12 tablespoons of Sabra Classic Hummus and smoked paprika.
2. Spread 1 tablespoon of hummus inside each taco shell.
3. In a medium sauté pan, heat 1 teaspoon of canola oil.
4. Add prepared vegetables to the pan, and sauté until translucent.
5. Add 5-6 tablespoons of cooked veggies to each taco.
6. Once tacos are prepared, serve two per plate.

Nutritional Facts Panel

Nutrition Facts

1 Serving:

Calories 275
Sat Fat 4.2g
Sodium 268mg