



VEGGIE QUESADILLA WITH SABRA® CLASSIC HUMMUS

- 2 oz Grain eq – whole wheat tortilla
- ¾ oz Meat/Meat Alternate – 1.5 oz Sabra Classic Hummus
- ¾ cup Vegetables – ¼ cup diced tomato (red/orange), 1/8 cup shredded carrot (red/orange), 1/8 cup diced bell pepper (red/orange), ¼ cup shredded spinach (green)

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INGREDIENT	QUANTITY 100 servings	1 Serving
10-inch whole wheat tortillas	100 tortillas	1 tortilla
Sabra Classic Hummus	18 ¾ cups (9 lbs 6 oz)	3 Tbsp (1.5 oz)
Diced tomato	25 cups (9 lbs 6 oz)	1/4 cup (1.5 oz)
Shredded carrots	12 1/2 cups (3 lbs 2 oz)	1/8 cup (0.5 oz)
Diced red bell pepper	12 1/2 cups (4 lbs 11 oz)	1/8 cup (0.75 oz)
Thinly sliced spinach	25 cups (2.5 lbs)	1/4 cup (0.4 oz)
Smoked paprika	4 Tbsp 1/2 Tsp	1/8 Tsp
Canola oil	41 Tbsp 2 Tsp (2 cups 10 Tbsp)	1.25 Tsp

PREPARATION

1. In a mixing bowl combine Sabra Classic Hummus and smoked paprika.
2. Heat a medium sauté pan with 1 teaspoon of canola oil.
3. Sauté the carrots, tomato, spinach, and red bell pepper on medium heat until translucent.
4. While veggies are sautéing, spread 3 tablespoons of Sabra Classic Hummus onto each tortilla.
5. Once veggies are cooked remove them from the pan. Add 3-4 tablespoons of cooked veggies to each tortilla.
6. Fold each tortilla with veggies in half.
7. Heat a medium sauté pan or griddle to medium-high heat with 1 teaspoon of canola oil for each quesadilla.
8. Cook each quesadilla on both sides until golden brown.
9. Cut each quesadilla into 4 slices.

Nutrition Facts

1 Serving:

Calories	311
Sat Fat	3.4g
Sodium	528mg