



HUMMUS GRILLED CHEESE WITH SABRA® CLASSIC HUMMUS

Each serving provides approximately: *

- 2 oz Grain eq – 2 slices multigrain bread.
- 1 ½ oz Meat/Meat Alternate – 1.5 ounces Sabra Classic Hummus and 1 slice cheddar cheese
- ¼ cup Vegetables – 1.5 ounces sliced tomato (red/orange)

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

Hummus Grilled Cheese with SABRA® CLASSIC HUMMUS

INGREDIENT	QUANTITY 100 servings	1 Serving
Sabra Classic Hummus	18 3/4 cups (9 lbs 6 oz)	3 Tbsp (1.5 oz)
Multigrain bread	200 slices (12.5 lbs)	2 slices (2 oz)
Reduced fat cheddar cheese	100 slices (5 lbs)	1 slice (0.8 oz)
Margarine	6.25 cups (3 lbs 2 oz)	1 Tbsp (0.5 oz)
Tomato slices	200 slices (9 lbs 6 oz)	2 slices (1.5 oz)

PREPARATION

1. Spread ½ tablespoon of Margarine onto one side of each piece of bread.
2. Spread 3 tablespoons of Sabra Classic Hummus on the opposite sides of the bread.
3. Place 2 tomato slices and 1 slice of cheddar on top of the hummus and sandwich the bread together.
4. Heat a pan or griddle to medium heat.
5. Cook the sandwich on both sides until golden brown.
6. Once cooked, remove from the pan and slice in half

Nutritional Facts Panel

Nutrition Facts

1 Serving:

Calories 313
 Sat Fat 6.5g
 Sodium 535mg