



HUMMUS QUESADILLA WITH SABRA® ROASTED RED PEPPER HUMMUS

Each Serving Provides:

1.25 oz. Meat/MA (1.5 oz. hummus =
.25 MMA + 1 oz. cheese)
1/4 c. Vegetables - Legumes (1/4 c.
beans
2 oz. eq. Grains
16" tortilla = 1 OEG + 1 oz. dry rice =
1 OEG

Hummus Quesadilla with SABRA® Roasted Red Pepper Hummus

INGREDIENT	QUANTITY 100 servings	1 Serving
SABRA® Roasted Red Pepper Hummus	8 lbs. + 14 oz.	1/5 oz.
USDA Pinto Beans, canned, low sodium	1 Gal. + 2 Qts. + 1 c.	1/4 c.
USDA Cheese, cheddar, reduced fat, shredded (100012)	6 lbs. + 4 oz.	1 oz.
USDA Rice, brown, parboiled (101301)	6 lbs. + 4 oz.	1 oz.
USDA Salsa, pouch (110186)	3 lbs. + 2 oz.	1 Tbsp.
Sour Cream, reduced fat	1 Qt. + 2 2/3 c.	2 tsp.
Cilantro, chopped	1 c. + 4 tsp.	1/4 tsp.
Cumin, ground	4 tsp.	dash
Chili powder	4 tsp.	dash
Flour tortilla, Whole Grain Rich	100 - 6"	1-6 " tortilla

PREPARATION

1. Preheat panini press or grill to approximately 375°F.
2. Cook brown rice according to manufacturer directions, so that the grains are hot and completely tender. Fluff the cooked rice with a fork, and mix in chili powder and cumin. Hold hot until needed.
3. In a large bowl, add SABRA® Roasted Red Pepper hummus and pinto beans. Fold gently to incorporate. Hold cold in the refrigerator until needed.
4. In a bowl, add salsa, cilantro and sour cream to create a creamy salsa. Stir to combine. Reserve and hold cold in the refrigerator until needed.
5. To build quesadillas, layer half of a tortilla with approximately 1 cup total of the hummus and bean mixture and cooked rice. Add 1 oz. shredded cheese.

6. Fold tortilla in half, and cook on preheated press or grill until the quesadilla is hot, and the cheese has completely melted.

7. Slice quesadilla into triangles and serve immediately, alongside 4 teaspoons of the reserved creamy salsa.

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	441
Saturated Fat	7.2g
Sodium	638mg