



NACHO SALAD PLATE WITH SABRA® CLASSIC HUMMUS

Each serving provides approximately: *

- 2 oz Grain eq – 1.5 ounces whole grain rich crispy rounds tortilla chips
- 1 oz Meat/ Meat Alternate - 1-ounce reduced fat cheddar cheese
- 1 oz Meat/Meat Alternate – 2 ounces **Sabra Classic Hummus**.
- 7/8 cup Vegetables – 1/8 cup tomato (red/orange), 1/8 cup corn (starchy), 1/8 cup shredded carrot (red/orange), 1/2 cup romaine lettuce (green)

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

Nacho Salad Plate with Sabra® Classic Hummus

INGREDIENT	QUANTITY 100 servings	1 Serving
Tostitos® Whole Grain Rich Crispy Rounds Tortilla Chips	50 Qt (9 lbs 6 oz)	2 cups (1.5 oz)
Sliced Romaine lettuce	10 Qt (9 lbs 6 oz)	1 cup (1.5 oz)
Diced tomato	12 1/2 cups (4 lbs 11 oz)	1/8 cup (0.75 oz)
Drained canned corn w/o salt	12 1/2 cups (4 lbs 11 oz)	1/8 cup (0.75 oz)
Shredded carrots	12.5 cups (3 lbs 2 oz)	1/8 cup (0.5 oz)
Shredded reduced fat cheddar cheese	25 cups (6 lbs 4 oz)	1/4 cup (1 oz)
Light Southwestern (or Ranch) dressing	6 1/4 cup (3 lbs 2 oz)	1 Tbsp (0.5 oz)
Sabra Classic Hummus	100 2 oz Minicups	1 2 oz Minicup

PREPARATION

1. Divide lettuce into 4 bowls.
2. Add 2 tablespoons each of corn, diced tomato, and shredded carrot to each salad.
3. Sprinkle 1 ounce of reduced fat cheddar cheese onto each salad.
4. Drizzle each salad with 1 tablespoon of light southwestern dressing.
5. Place 2 cups tortilla chips on a plate next to each salad.
6. Place a single 2-ounce minicup of Sabra Classic Hummus next to chips on each plate.

Nutrition Facts

1 Serving:

Calories	498
Sat Fat	7.1g
Sodium	768mg