



BAKED HUMMUS CHICKEN WITH SABRA® ROASTED RED PEPPER HUMMUS

Each serving provides approximately: *

- 1 oz Grain eq – panko breadcrumbs
- 6 oz Meat/Meat Alternate – chicken breast

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

Baked Hummus Chicken with SABRA® ROASTED RED PEPPER HUMMUS

INGREDIENT	QUANTITY 100 servings	1 Serving
Boneless skinless chicken breasts	25 lbs	4 oz
Sabra Roasted Red Pepper Hummus	12.5 cups (6 lbs 4 oz)	2 Tbsp (1 oz)
Whole wheat panko breadcrumbs	12.5 cups (6 lbs 4 oz)	2 Tbsp (1 oz)
Cooking Spray	as needed	as needed
Salt and pepper	as needed	as needed

PREPARATION

1. Preheat oven to 400 degrees.
2. Place chicken breasts on a sheet tray.
3. Season each chicken breast with salt and pepper.
4. Coat the top of each chicken breast with 2 tablespoons of Sabra Roasted Red Pepper Hummus.
5. Sprinkle 2 tablespoons of panko over the hummus evenly.
6. Spray the top of each panko crusted chicken breast with a light coating of cooking spray.

Bake for 20 minutes, or until the internal temperature reaches 165

Nutritional Facts Panel

Nutrition Facts

1 Serving:

Calories 244
Sat Fat 1.3g
Sodium 463mg*

*Topical Salt not included