



Manteca USD Culinary Center Team

# Pico Hummus Gyro

Manteca Unified School District



Pico Hummus Gyro

<b>Same Day or Advance Prep</b> Same day service	<b>Per 48 Servings</b>	<b>Prep to Serve Time</b> 2 hours	<b>Yield</b> 48 - 10" Pico Hummus Gyros	<b>Serving Size</b> 1 whole gyro
	<b>Per 96 Servings</b>	2-1/2 hours	96 - 10" Pico Hummus Gyros	
<b>Temperature at Service</b> Cold				

Ingredients	48 Servings AP = As Purchased		96 Servings AP = As Purchased		Key: USDA = USDA Foods, gal = gallons, qt = quarts, cup = cups, Tbsp = tablespoons, tsp = teaspoons, " = inches, No. = number  <b>Directions:</b> Include Critical Control Points (CCP)
	Weight	Measure	Weight	Measure	
Salsa, canned 	106 oz	1 No. 10 can	212 oz	2 No. 10 can	To Prepare Salsa:
Cilantro, fresh	1.4 oz AP (1/2 bunch)		2.8 oz AP (1 bunches)		1. Place salsa into large mixing container.
Limes, fresh	1/2 lb AP	4 limes for pico de gallo	1 lb AP	8 limes for pico de gallo	2. Rinse cilantro under cool running water. Chop leaves and 1" of stems finely to measure 1 cup for 50 servings OR 2 cups for 100 servings.
Limes, fresh	2 lb AP	16 limes for hummus	4 lb AP	32 limes for hummus	3. Rinse limes under cool running water. Cut limes in half width wise and squeeze juice. For 48 servings, use 4 limes for the pico de gallo (1/2 cup) and 16 limes for the hummus (2 cups). For 96 servings, use 8 limes for the pico de gallo (2 cups) and 32 limes for the hummus (1 qt).
Onions, red, fresh	1-1/2 lb AP		3 lb AP		4. Peel and trim onions. Dice onions finely into 1/8" to measure 2 cups for 50 servings OR one quart for 100 servings.
Garlic, peeled, fresh	24 cloves AP		48 cloves AP		5. Peel and trim garlic. Dice finely to measure 1/4 cup for 50 servings OR 1/2 cup for 100 servings.

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Ingredients	48 Servings AP = As Purchased		96 Servings AP = As Purchased		Key: USDA = USDA Foods, gal = gallons, qt = quarts, cup = cups, Tbsp = tablespoons, tsp = teaspoons, " = inches, No. = number
	Weight	Measure	Weight	Measure	
Beans, garbanzo, canned 		2 No. 10 can		4 No. 10 can	6. Combine salsa, cilantro, lime juice, onions, and garlic. Refrigerate at 41° F or lower. CCP: Refrigerate at 41° F or lower.
Oil, olive		2 cup		1 qt	To Prepare Filling:
Pepper, cayenne		1/4 cup		1/2 cup	7. Rinse and drain beans.
Cumin, ground		2 Tbsp		1/4 cup	8. Combine beans, lime juice, oil, pepper, cumin, and Greek seasoning in large container.
		1/4 cup		1/2 cup	9. Pureé bean mixture in food processor in batches if necessary. Pureé until consistency is smooth.
Peppers, bell, red, fresh	2 lb 8 oz AP		5 lb AP		10. Rinse bell peppers under cool running water. Cut in half and remove seeds. Dice into 1/4" pieces, mix both colors together into bowl, set aside for assembly.
Peppers, bell, green, fresh	2 lb 8 oz AP		5 lb AP		11. Place lettuce spring mix in large bowl.
	5 lb		10 lb		12. Rinse cucumbers under cool running water. Trim ends off and slice 1/8" thick slices. Place in bowl and set aside for assembly.
Cucumbers, fresh	4 lb AP		8 lb AP		Assembly of Gyros:
Tortillas, flour, whole grain-rich, 10", 2 oz	48 (2 oz each)		96 (2 oz each)		13. Lay out tortillas on parchment paper on flat surface for assembly.
					14. Spread 1/2 cup (No. 8 scoop) hummus on tortilla leaving 1" border.
					15. Sprinkle 1/4 cup (No. 16 scoop) bell pepper mixture evenly over hummus.
					16. Layer 5 slices (1/4 cup) cucumbers over peppers and hummus.
					17. Sprinkle 1 cup (No. 4 scoop) lettuce spring mix over cucumbers.
					18. Top with 1/4 cup (No. 16 scoop) pico de gallo.
					19. Fold sides in and roll burrito style. Slice diagonally and serve both halves.
					20. Serve immediately one 10" Pico Hummus Gyro for each serving OR hold for service in refrigerator. CCP: Hold in refrigerate at 41° F or lower.

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### Contribution to Meal Pattern

Meat/Meat Alternative	Whole Grain-Rich	Fruit	Dark Green Vegetable	Red/Orange Vegetable	Legumes	Starchy	Other Vegetable	Additional Vegetable	Total Vegetable
oz. eq.	oz. eq.	cups	cups	cups	cups	cups	cups	cups	cups
1.75	2.00		1/2	3/8			3/8		1-1/4

### Nutritional Analysis Per Serving

Calories	Carbohydrates	Protein	Saturated Fat	Trans Fat	Total Fat	Sodium
Kcal	grams	grams	grams	grams	grams	mg
475.00	72.60	13.40	2.40	0.00	15.50	725.80

<p><b>Recipe Roots (Flavor Profile)</b> Mediterranean</p> <p><b>Menu Category</b> Sandwich Recipes Recipes with Condiments Meatless or Plant-Based Recipes</p>	<p><b>Kid Rating (forks)</b> 5 Forks</p> <p><b>Serving Suggestions:</b> (The serving suggestions and/or variations of the recipe are optional and are NOT included in nutrient or meal pattern component analysis.) **Note: McCormick Greek Seasoning was used for Nutritional and Component Analysis of recipe.</p> <p><b>Recipe Notes:</b> Salsa may be prepared up to 2 days in advance.</p>
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# Pico Hummus Gyro

## Manteca Unified School District

[FRESHMeals@Schools Recipe Analysis](#)

Recipe Name: Pico Hummus Gyro

Servings per Recipe: 48 servings

Ingredients (1)	Meat / Meal Alternate	Vegetables / Fruit	Grain	Quantity of Ingredient As Purchased (number of purchase units)	Purchase Unit (3)	Servings per Purchase Unit in <i>Food Buying Guide</i> (4)	Meat / Meat Alternates (ounces) (5) (2) X (4)	Vegetables / Fruits (1/4 cup) (6) (2) X (4)	(7)			Grains (servings) (2) X (4)
									Group	Unit	Grain equivalent	
									7a	7b	7c	
<b>Garbonzo Beans</b>	x			<b>2</b>	<b>#10 can</b>	<b>42</b>	<b>84</b>	---			---	---
<b>Salsa Medium</b>		x		<b>1</b>	<b>#10 can</b>	<b>49.3</b>	---	<b>49.3</b>			---	---
<b>Red Peppers, fresh diced</b>		x		<b>2.5</b>	<b>lbs</b>	<b>9.7</b>	---	<b>24.25</b>			---	---
<b>Green Peppers, fresh diced</b>		x		<b>2.5</b>	<b>lbs</b>	<b>9.7</b>	---	<b>24.25</b>			---	---
<b>Spring Mix , Ready-to-use 1 cup = 1/2 cup credit, 2-1/4 cup credit per cup</b>		x		<b>48</b>	<b>cups</b>	<b>2</b>	---	<b>96</b>			---	---
<b>10 " Whole Wheat Tortilla, 2 oz ea</b>			x	<b>48</b>	<b>ea</b>	<b>2</b>	---	---	B	oz	1	96
<b>Cucumbers, sliced</b>		x		<b>4</b>	<b>lbs</b>	<b>12.4</b>	---	<b>49.6</b>			---	---
<b>Onions, red, fresh, chopped</b>		x		<b>1.5</b>	<b>#</b>	<b>9.3</b>	---	<b>13.95</b>			---	---
							---	---			---	---
							---	---			---	---
<b>3/8 cup red orange (salsa, red peppers)</b>							---	---			---	---
<b>1/2 cup dark green (spring mix)</b>							---	---			---	---
<b>3/8 cup other (cucumbers, green peppers)</b>							---	---			---	---
							---	---			---	---
							---	---			---	---
Notes:						Totals	<b>84</b>	<b>257.35</b> <small>(1/4 c servings)</small>				96
<ul style="list-style-type: none"> <li>• oz to lb conversion chart is on page I-36</li> <li>• remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59)</li> <li>• the values for Columns 5, 6, &amp; 7 are found by multiplying the value in Column 2 by the value in Column 4.</li> <li>• remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit.</li> <li>• grains/breads in portions of a cup: convert all needed servings into the same serving of a cup and use the corresponding yield data for that same size</li> <li>• grains/breads in numbers of servings: use the yield data provided for 1 grains serving</li> </ul>							Portions per Recipe	<b>48</b>	<b>48</b>			48
								Calculations	<b>total ÷ by # servings</b>	<b>total ÷ by 4 (to get units in cups), then ÷ by # servings</b>		
<i>The Recipe provides</i> <u>48</u> <i>servings.</i>						<i>Each Serving Contributes</i>			<b>1 3/4</b> oz Meat / Meat Alternates	<b>1 1/4</b> cup(s) Vegetables / Fruits		

Template 3: Recipe Analysis