



Let's Create Great Dishes Together!™



Mediterranean Flatbread

JTM Products:

- [Hummus \(5951\)](#)

Instructions:

Preparation:

- 1) Prepare tzatziki sauce by combining yogurt, diced cucumbers, dill, and parsley in a large bowl. Reserve cold until ready for service.

To Build the Flatbread:

- 1) Spread 2.0 oz. (1/4 cup or #16 scoop) of thawed JTM Mediterranean Style Hummus evenly over top of WGR flatbread
- 2) Place 1 romaine lettuce leaf on top of humms.
- 3) Portion 0.5 oz. of shredded carrots and sprinkle evenly over top of lettuce.
- 4) Top carrots with 1.19 oz. diced tomatoes, and then 0.75 oz. of crumbled feta cheese.

*Optional: Garnish with chopped olives.

- 5) Drizzle 1.5 oz. of tzatziki sauce over flatbread and serve open faced or with tzatziki on the side.

Nutritional Contributions:

- 1) Yields 24 servings (counting hummus for M/MA credit)
- 2) Each serving provides 2.0 oz. M/MA + 2.0 oz. grain equivalent + 1/2 cup R/O vegetable + 3/8 cup other vegetable

*Optional: Olives (drained & chopped) (16 oz. in total)

| Ingredients: | Quantity: |
|-------------------------------------|-----------|
| Baked WGR Flatbread (2 WG Equiv.) | 24 each |
| Crumbled Feta Cheese | 18 oz. |
| Diced Cucumbers | 2.29 lbs. |
| Diced Tomatoes | 1.79 lbs. |
| Dill | 3 tbsp. |
| JTM Hummus (3.0 lbs. bag) | 3.0 lbs. |
| Parsely | 1/4 C |
| Romaine Lettuce Leaves (1 Leaf) | 24 each |
| Shredded Carrots | 12 oz. |
| Yogurt (Plain) (For Tzatziki Sauce) | 32 oz. |

Prep Time: 30 min. Yields: 24

