



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



Let's Create Great Dishes Together!™

Nutrition Facts

Serving Size (307g)

Servings Per Container

Amount Per Serving

Calories 350 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 660mg **28%**

Total Carbohydrate 40g **13%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 18g

Vitamin A 130% • Vitamin C 20%

Calcium 25% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Mediterranean Flatbread

Nutritional information is based on calculations from various databases. The information is believed to be accurate, but does not constitute a guarantee.