



Savory Yogurt-Hummus Dip With Veggies

A great way to offer some protein at snack time! Try serving this dip with a variety of vegetables or a whole grain bread or cracker.

AGES: 3–5 years

PREP TIME: 45 minutes

COOK TIME: 10 minutes

CACFP CREDITING INFORMATION

Crediting beans as a meat alternate: OR Crediting beans as a vegetable:

½ cup vegetable

⅝ cup vegetable

½ oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Garbanzo beans, low-sodium, canned, drained, rinsed (Save liquid to use in step 2. If using water, drain and rinse beans) or dry beans*	2 lb	1 qt + 1 cup	4 lb	2 qt + 2 cups	<ol style="list-style-type: none"> 2 In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed. Set aside. Keep cold at 40 °F or lower (see notes).
Garlic powder		2 tsp		1 Tbsp + 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lemon juice, fresh or bottled		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Vegetable oil		¼ cup		½ cup	
Water or liquid from garbanzo beans		½ cup		1 cup	
Cumin, ground		2 tsp		1 Tbsp + 1 tsp	
Black pepper, ground		½ tsp		1 tsp	
Greek yogurt, plain, non-fat	4 oz	½ cup	8 oz	1 cup	
Broccoli, florets, fresh	1 lb 8 oz	1 qt + 2¼ cups	3 lb	3 qt + ½ cup	3 Place 2–3 inches of water and a steamer basket in a large saucepan. Heat on medium-high heat for 2–3 minutes or until water comes to a boil. Add baby carrots and cook for 3 minutes. Add broccoli florets and steam for an additional 4–6 minutes or until tender.
Carrots, baby, fresh	1 lb 15¼ oz	1 qt + 2¼ cups	3 lb 14½ oz	3 qt + ½ cup	4 Remove from heat. Place vegetables in a bowl. Toss (allow to cool).
					5 Serve 3 Tbsp savory yogurt-hummus dip and ½ cup veggies. Serve immediately, or keep cold at 40 °F or lower.

*See Marketing Guide



NUTRITION INFORMATION

3 Tbsp savory yogurt-hummus dip and
½ cup veggies

NUTRIENTS	AMOUNT
Calories	89
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	81 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	3 g
Vitamin D	N/A
Calcium	43 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Garbanzo beans, dry	13 oz	1 lb 10 oz

NOTES

- **Contains milk (yogurt).**
- Cooked dry beans can be substituted for canned beans (~1 lb of dry beans yields 6¼ cups cooked).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store hummus in an airtight container at 40 °F or lower until ready to serve.

WEIGHT/YIELDS

25 Servings	50 Servings
5 lb 13 oz	11 lb 10 oz
1 qt ¾ cup savory yogurt-hummus dip, 3 qt ½ cup veggies	2 qt 1½ cups savory yogurt-hummus dip, 1 gal 2 qt 1 cup veggies