



# Montana's Luscious Lentil Hummus

This hummus dip is a fresh take on a classic recipe incorporating Montana-grown lentils into a creamy and savory hummus dip.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Montana Office of Public Instruction*

**Preparation Time:** 30 minutes

**Cook Time:** 30 minutes

**NSLP/SBP crediting information:**

¼ cup (2 fl oz spoodle) provides

*Crediting Lentils as Meat Alternate:* 1 oz equivalent meat alternate  
**Or**

*Crediting Lentils as Vegetable:* ¼ cup legumes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lentils, raw, dry (recommend the red/crimson lentils or yellow lentils)	1 lb 14 oz	1 qt ½ cup	3 lb 12 oz	2 qt 1 cup	<ol style="list-style-type: none"> <li>1. Rinse the dried lentils</li> <li>2. Combine lentils and water in a large pan (the dried lentils will expand to double their volume when cooked).</li> <li>3. Add salt to the water and lentils</li> <li>4. Bring to boil. Simmer 20-30 minutes until lentils are tender.</li> <li>5. Drain water from cooked lentils.</li> </ol>
Water		2 ½ qt		1 gal 1 qt	
Salt		¾ tsp		1 ½ tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>6.</b> Cool lentils in a large shallow pan, no more than 4 inches deep, uncovered and placed into walk in cooler.</p> <p>Follow this 2-step cooling process: Critical Control Point: a. Cool from 135 °F to 70 °F within 2 hours (take corrective action immediately if this is not met). b. Cool from 70 °F to 41°F or below within 4 hours. The total cooling process may not exceed 6 hours.</p>
Tahini	4.25 oz	½ cup	8.5 oz	1 cup	<p><b>7.</b> Combine cooked, cooled lentils with the tahini, cumin, curry powder, salt, chili powder, garlic, paprika, lemon juice and yogurt. Using a food processor or immersion blender, blend until smooth.</p>
Cumin		2 tsp		4 Tbsp 1 tsp	
Curry powder		1 ¼ tsp		2 ½ tsp	
Salt		1 Tbsp		2 Tbsp	
Chili powder		¾ tsp		1 ½ tsp	
Garlic, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika, smoked		2 ½ tsp		1 Tbsp 2 tsp	
Lemon juice		⅓ cup		⅔ cup	
Greek yogurt, plain	5.3 oz	⅔ cup	10.6 oz	1 ⅓ cups	
Olive oil		½ cup		1 cup	<p><b>8.</b> Slowly add oil (while blending) until all ingredients are combined and smooth in texture.</p> <p><b>9.</b> Store in refrigerator at 41 °F or lower.</p> <p><b>10.</b> The lentil hummus thickens as it cools.</p>



**NUTRITION INFORMATION**

For ¼ cup (2 fl oz spoodle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>96</b>
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<b>Total Fat</b>	<b>3.7 g</b>
Saturated Fat	0.51 g
Cholesterol	0.15 mg
<b>Sodium</b>	<b>181 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Total Sugars	0.5 g
Added Sugars included	N/A
<b>Protein</b>	<b>N/A</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	16 mg
Iron	1 mg
Potassium	138 mg

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Red or yellow lentils will yield the best color. Brown lentils take longer to cook and may need more water while cooking.

**YIELD/VOLUME**

50 Servings	100 Servings
About 3 qt ½ cup	About 1 gal 2 qt 1 cup

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

