

## Greek Pizza



25 Servings

### CACFP Crediting Information

Hummus to credit as vegetables:

1 Greek Pizza provides: 1/2 c vegetables, 2.0 oz. eq. grain (depending on size of pita)

OR

Hummus to credit as meat/meat alternate:

1 Greek Pizza provides: 0.5 oz. meat/meat alternate, 1/4 c vegetables, 2.0 oz. eq. grain (depending on size of pita)

| Ingredient                     | Weight | Measure |
|--------------------------------|--------|---------|
| Whole Grain Pita               |        | 25 each |
| Hummus                         |        | 6.25 c  |
| Red onion, thin slices         | 8 oz.  | ½ c     |
| Tomatoes, sliced               | 8 oz.  | 2 c     |
| Cucumber, sliced               |        | 2 c     |
| Romaine lettuce, shredded      |        | 7 c     |
| Black Olives, diced (optional) |        | ½ c     |
| Feta Cheese, crumbled          | 8 oz.  |         |
| Greek Dressing (optional)      |        |         |
| Tzatziki Sauce (optional)      |        |         |

### Directions

1. Prepare all vegetables as directed and set aside.
2. Lay out pita bread on work area. Spread top of each pita with ¼ cup hummus.
3. Disburse onions, tomatoes, cucumbers, olives around the surface of the pita, like toppings on a pizza.
4. Sprinkle ¼ c shredded lettuce, 1 tsp olives and 1 TBSP feta cheese on next.
5. Drizzle with Greek Dressing or Tzatziki Sauce if desired.
6. Cut the pizza in 4 pieces and serve cold.

## Red Pepper Hummus

25 servings

| Ingredient                                 | Measurement,   |
|--------------------------------------------|----------------|
| Garbanzo Beans, canned, drained and rinsed | 54 oz.         |
| Red Peppers, roasted                       | ½ cup          |
| Olive Oil                                  | ⅓ cup = 1 TBSP |
| Lemon Juice                                | ¾ cup          |
| Garlic, Minced                             | 1 TBSP         |
| Cayenne Pepper                             | 1 tsp          |
| Cumin, ground                              | 2 tsp          |

Directions

1. Roast the red pepper in a 350° oven for 20-30 minutes.
2. Combine all ingredients in a food processor and puree to a smooth consistency.

## Tzatziki Sauce

| Ingredient          | Measurement |
|---------------------|-------------|
| Cucumber, grated    | 2 c         |
| Plain Greek Yogurt  | 1 ½ c       |
| Olive Oil           | 2 TBSP      |
| Dill, fresh, minced | 2 TBSP      |
| Lemon Juice         | 1 TBSP      |
| Garlic Powder       | 1 tsp       |

Directions

1. Mix all ingredients together until completely blended.

## Greek Dressing

| Ingredient                  | Measurement |
|-----------------------------|-------------|
| Red Wine Vinegar            | 2 TBSP      |
| Lemon Juice, fresh squeezed | ½ lemon     |
| Olive Oil                   | ¼ c         |
| Dried Oregano               | 1 tsp       |
| Pepper                      |             |

Directions

1. Mix all ingredients together until completely blended.