



# Mediterranean Salad with Stacys® Multigrain Pita Chips and Sabra® Hummus

A refreshing vegetable salad bowl with hummus and pita chips.



<b>YIELD:</b>	1 serving	<b>SERVING SIZE:</b>	1 SERVING = 1 cup veg	<b>SOURCE:</b>	PepsiCo & Cincinnati School District
<b>NUTRITIONAL CONTRIBUTION PER SERVING:</b>		3 oz. eq meat/meat alternative, 2 WG OEG, 1 cup vegetable			

INGREDIENTS		QUANTITY	DIRECTIONS
<b>GRAINS OPTIONS</b>			1. Arrange chips, hummus, cheese, and veggies in a bowl for grab and go service. Optional: Add lemon wedge, Oil/ Vinegar dressing             <i>Note: Nutritional values vary depending on variation</i>
1.5 OEG	Stacys Pita Chips	1 oz (~9 chips)	
2 OEG	Stacys Pita Chips	4.1 oz (~13 chips)	
	Cooked Brown Rice	¼ Cup	
<b>HUMMUS OPTIONS</b>			
1.5 OE	Sabra Hummus	2 oz	
	Part Skim Mozzarella Cheese Chunks	½ oz	
2 OE	Sabra Hummus	2 oz	
	Part Skim Mozzarella Cheese Chunks	1 oz	
<b>VEGGIE OPTIONS (SHOULD TOTAL ¾ - 1 CUP)</b>			
Tomatoes, Fresh or Canned		1/8 – ¼ Cup	
Cucumber, Chopped		1/8 – ¼ Cup	
Pepper and Onions, Frozen		1/8 – ¼ Cup	
Corn, Fresh, Frozen, or Canned		1/8 – ¼ Cup	
Leafy Greens, Chopped		½ Cup	
Black Olives		15 g (~4 each)	