

**FOOD SERVICE  
RECIPE CARD**

INGREDIENTS		QUANTITIES		COST	
Amount of				Unit	
Total		8 portions			
Servings					
Eggplant, rinsed, rubbed with olive oil		CCP	3 each.		
Garlic cloves, minced			1 t.		
Tahini, raw			¼ cup		
Green onions, minced			1 cup		
Olive oil			¼ cup		
Cumin			¼ cup		

Total Cost \_\_\_\_\_

Per \_\_\_\_\_

**Sanitation Instructions:** Wash, rinse, and sanitize all equipment and utensils before and after use. Wash hands before handling food, after handling raw foods, and after any interruption that may contaminate hands. Return all ingredients to refrigerated storage if preparation is interrupted. Verify and record final cooking and hot-holding temperatures using a clean and sanitized thermometer.  
CCP - Critical Control Point

**METHOD:**

- 1) Roast eggplant whole in 300 oven for 1 ½ hours. Peel skin off while still hot. Transfer meat to a pan and allow to sit overnight to allow liquid to drain.
  - 2) In a food processor mash eggplant to a smooth paste.
  - 3) Add tahini, cumin, garlic, olive oil and spices. Blend well. Fold in green onions.
  - 2) Serve with sliced pita bread or as a sandwich spread.

**Keep below 40 at all times.**

159 calories, 3.3 g protein, 13 g carbohydrates, 5 g fiber, 12 g fat, 10 g sodium

1 starch exchange, 2 fat exchanges