



Greek Dipping Cup

Category	Optional					Cooking process	#1 No Cook
Yield		16 each		64 each		Directions	
Ingredients		Weight	Measures	Weight	Measures		
Pita Pockets, WGR, 2 oz eq			16 each		64 each	CCP: No bare hand contact with ready to eat food.	
Cucumber, fresh, grated			1 cup		1 qt	To Prepare Tzatziki Sauce:	
Greek yogurt, plain, low-fat			2 cups		2 qt	1. Place grated cucumber in a colander or perforated pan. Using gloved hands or a potato masher, press the cucumber to remove excess liquid.	
Vinegar, white			2 Tbsp		1/2 cup		
Black pepper			1/2 tsp		2 tsp	2. Place cucumber, yogurt, white vinegar, black pepper, dried dill, garlic, and salt in a bowl or container. Stir until well combined. For best results, prepare one day in advance.	
Dill, dried			1/2 tsp		2 tsp		
Garlic, powder			1/2 tsp		2 tsp		
Salt			1/2 tsp		2 tsp		
Hummus, original		2 lbs		8 lb		CCP: Hold at 41°F or below.	
Tomatoes, cherry, halved		1 lb 9 oz	1 qt	6 lb	1 gal	NOTE: Tzatziki sauce may be kept in the refrigerator for 3 days after preparation. Stir to recombine if water separates.	
Romaine lettuce, shredded		5.3 oz	1 qt	1 lb 5 oz	1 gal		



Cheese, feta, crumbled	1 lb		4 lb		To Assemble Cups:
Olives, black, canned, drained		1 cup		1 qt	3. Layer ingredients in a 9 oz cup in the following order:
					#16 hummus (2 oz)
					#16 tomato halves
					#30 tzatziki
					#16 lettuce
					#16 feta (1 oz)
					1 Tbsp olives
					CCP: Hold and serve at 41° F or below.
					4. Cut pita pockets in half and then in half again to create
					quarters. Place 4 pita triangles into a paper pastry bag and
					into warmer 10 minutes prior to service.
					CCP: No bare hand contact with ready to eat food.
					5. Serve Greek Dipping Cup with warm pita bread.
Meal components	2 oz eq WGR grain, 2 oz m/ma, 1/4 cup red/orange, 1/8 cup dark green, 1/8 cup other vegetable				
Notes	Marketing guide (Food As Purchased)		16 servings	64 servings	
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.	Cucumber, fresh		5.8 oz	1 lb 8 oz	
	Tomatoes, cherry, with stem		1 lb 9 oz	6 lb .7 oz	
	Lettuce, fresh, romaine, untrimmed		8.2 oz	2 lb .7 oz	



Serving

One serving provides 2 oz eq WGR grain, 2 oz m/ma, 1/4 cup red/orange vegetable, 1/8 cup dark green vegetable, and 1/8 cup other vegetable.

Nutrients per serving

Calories	445	kcal	Sat Fat	5	g
Protein	18	g	Chol	28	mg
Carb	51	g	Sodium	911	mg
Total Fat	23	g	Dietary Fiber	9	g