



Greek Dipping Cup

Preparation Time: 50 minutes

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. 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.		
Vinegar, white		2 Tbsp		1/2 cup			
Black pepper		1/2 tsp		2 tsp			
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: 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.
Olives, black, canned, drained		1 cup		1 qt	

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
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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
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	