

MEDITERRANEAN POCKET

Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Chickpeas, cooked or canned	8 $\frac{1}{3}$ qt	16 $\frac{2}{3}$ qt	<p>1. Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, turmeric, and cayenne pepper. Roll into golf-ball size falafel balls and fry in 350 F oil until golden.</p> <p>2. Blend sauce ingredients until creamy paste is formed.</p> <p>3. Fill each half pita with two falafel balls, 2 ounce ladle ($\frac{1}{4}$ cup) sauce, $\frac{1}{2}$ cup lettuce, and 2 tomato slices.</p>
Garlic cloves, pressed	5 cloves	10 cloves	
Bread crumbs	2 $\frac{1}{3}$ T	5 T	
Celery, minced	1 qt	2 qt	
Onions, chopped	3 C	1 $\frac{1}{2}$ qt	
Cumin, ground	5 tsp	3 T plus, 1 tsp	
Turmeric	5 tsp	3 T plus, 1 tsp	
Cayenne pepper	5 tsp	3 T plus, 1 tsp	
Tahini	4 C, 3 T	8 $\frac{1}{3}$ C	
Lemon juice	2 C	1 qt	
Water	2 C	1 qt	
Black pepper	$\frac{3}{4}$ T	1 $\frac{1}{2}$ T	
Basil	$\frac{3}{4}$ T	1 $\frac{1}{2}$ T	
Whole-wheat pita bread, halved	25 pitas	50 pitas	
Lettuce	1 $\frac{1}{2}$ gal	3 gal	
Tomato slices	100 slices	200 slices	

Serving	Yield	Volume
$\frac{1}{2}$ pita bread	50 Servings: 100 Servings:	50- $\frac{1}{2}$ pitas 100- $\frac{1}{2}$ pitas

Nutrients Per Serving					
Calories	412 kcal	Saturated Fat	2.5 g	Iron	6 mg
Protein	16 g	Cholesterol	0 mg	Calcium	163 mg
Carbohydrate	52 g	Vitamin A	635 IU	Sodium	169 mg
Total Fat	18 g	Vitamin C	11 mg	Dietary Fiber	13 g

