

# MEDITERRANEAN MEZZE BOX

YIELD: 100 boxes

Chef Sam Icklan

A meze platter is an easy and fun option to create a variety of kid-friendly boxed meals. Use this recipe to get you started, but you can swap in other vegetables, fruit, or dips depending on what you have available or what is in season. This recipe uses our roasted vegetable dip, but would be just as tasty with hummus or tzatziki. Have fun, and be sure to ask your students what they think about it!

## INGREDIENTS

- 100 servings Roasted Vegetable & Chickpea Dip
- 100 whole grain pita breads, cut into 4 wedges
- 12.5 # feta cheese, cut into cubes or crumbled
- 10 # fresh cucumbers, cut into 3 x ¾ inch sticks
- 10.5 # fresh carrots, cut into 4 x ½ inch sticks
- 12.5 # cherry tomatoes

## DIRECTIONS

1. Prepare Roasted Vegetable & Chickpea Dip and set aside (can be done up to 3 days ahead).
2. Cut pita into wedges.
3. Prepare feta; cut into cubes or crumble.
4. Prepare fresh vegetables.
5. Build Mediterranean Meze Platters by placing ½ cup scoop of Roasted Vegetable & Chickpea Dip in center of container. Arrange ¼ cup of each vegetable (approximately 3 carrot sticks, 3 cucumber sticks & 3 cherry tomatoes), pita bread (1 per Meze Box) and feta cheese around the dip. Stand back and admire how beautiful it looks!

## RECIPE NOTES - MEDITERRANEAN MEZZE BOX

NSLP crediting information: 1 box provides 7/8 cup total vegetable (1/8 cup additional vegetable, 5/8 cup red/orange vegetable, 1/8 cup other vegetable), 3.00 oz eq meat/meat alternate

Nutritional information per serving\*: 441 calories; 7.9 g sat. fat; 1109 mg sodium; 59.3 g carbs

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*