

FOODSERVICE



SUSTAINABLY CAUGHT
WILD SEAFOOD

Tuna & White Bean Hummus

Wild Planet Wild Albacore Tuna is mixed with a purée of white beans, Greek yogurt, lemon juice, cumin and black pepper.

Servings:

30 - 3/4 Cup Portions

Ingredients:

1 - 64oz can Wild Planet Wild Albacore Tuna - No liquids added - Do not drain - If using Wild Planet pouch-packed or water-packed tuna, see recipe notes below.

111 oz - White Beans 10 lb. Can

1 Cup - Greek Yogurt

2 Tbsp - Lemon Juice Fresh

1 Tbsp - Cumin Ground

1/2 Tsp - Black Pepper Coarse Ground

Servings: 3/4 C Portions

Instructions:

Open can of Wild Planet Wild Albacore Tuna. Do not drain. Place the tuna with all of the natural liquid from the can into a mixing bowl. Gently flake the tuna into small/medium size pieces, then lightly toss with the natural liquid to evenly blend. Reserve chilled.

Place the white beans, yogurt, lemon juice, cumin and black pepper in a tall container. Purée, using an immersion blender, until completely smooth.

Gently fold the mixture into the reserved bowl of tuna to evenly combine. Hummus should have small chunks of tuna throughout.

Label, date and reserve refrigerated at 35-38°F. Will hold for up to 5 days under proper refrigeration.



For 1 order: Place ¾ Cup chilled hummus in a ramekin alongside fresh vegetable crudité, such as baby carrots, snap peas, red pepper wedges and gluten-free flat bread pieces. Serve immediately.

Recipe Notes:

If using Wild Planet 32 oz. pouch-packed tuna, halve the recipe.

If using our 66.5 oz. can of tuna packed in water, substitute 1 1/3 cans for every 1 can called out in the recipe. Be sure to drain water first.

Tasteful Tips:

- Prepare fresh daily.
- Offer as an “on the go” snack (in a hand-held portable container).
- Offer as a single serve or shared appetizer item.
- Use for quesadilla filling, artisan pizza topping or flatbread flavoring.
- Source local, seasonal vegetables for the crudité accompaniment.
- Feature Wild Planet Wild Albacore Tuna with other varieties of hummus: chickpea, edamame, beet, etc.
- Substitute Wild Planet Wild Alaska Pink Salmon for a delicious twist.
- Use Wild Planet Wild Albacore Tuna throughout your menu applications for craveable on trend flavor, clean protein, health/wellness and diversity.