



# Green Bean, Cranberry & Sunflower Seed Salad

Fall Winter Spring **Summer**

## NUTRITION INFORMATION

**SERVING SIZE: 1 cup**

Amount per Serving	
Calories	180 kcal
Protein	2.39 g
Carbohydrate	14.74 g
Total Fat	13.08 g
Saturated Fat	1.79 g
Cholesterol	0 mg
Vitamin A	251.81 IU
Vitamin C	2.04 mg
Iron	0.86 mg
Calcium	34.26 mg
Sodium	447.55 mg
Dietary Fiber	2.70 g

**EQUIVALENTS:** ½ cup provides ¼ cup other vegetable, ⅓ cup fruit, and .25 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“When a student who never wants to try something new finally does and discovers that he or she likes it... Wow, that’s rewarding.”

— GAY TRUAX

# Green Bean, Cranberry & Sunflower Seed Salad

• 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Fresh green beans	5 lb		① Trim green beans and cut into 1-inch pieces.	<ul style="list-style-type: none"> <li>• Use another type of vinegar if you wish.</li> <li>• Trimming green beans can take some time so enlist student helpers and make it a teachable farm to school moment.</li> <li>• Use kitchen shears to trim the stem ends of the green beans.</li> </ul>
Garlic		3 cloves	② Peel garlic.	
Vegetable oil		2 cups	③ Process the garlic, oil, vinegar, mustard, 1 tsp salt and pepper in a food processor or with an immersion blender until smooth and creamy. Set aside.	
Balsamic vinegar		½ cup		
Dijon mustard		¼ cup		
Kosher salt		1 tsp + ¼ cup, divided		
Ground black pepper		1 tsp		
			④ Place a bowl of ice water and long-handled strainer next to the stove.	
Water		3 gal	⑤ Bring water and ¼ cup salt to a boil in a large pot. Cook the green beans until crisp-tender, 2 to 3 minutes. Remove with the strainer and plunge into the ice water. Let sit for 5 minutes, then drain and transfer to a large bowl.	
Dried cranberries	1 lb 9 oz	1 qt + 1 cup	⑥ Add cranberries, sunflower seeds and the dressing to the green beans.	
Sunflower seeds, toasted	15 oz	2½ cups		