

# GREEN BEAN AND TOMATO SALAD

Serving: 1/2 cup

## Vegetable

This dish is adapted from SchoolFood in NYC. When tested in Somerville, students especially loved the tomatoes. So early in the school year, when tomatoes are ripe and flavorful, the cafeteria plans to serve them without the beans, says Claire Kowoker, Somerville Schools Farm to School Coordinator.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Tomatoes, any kind	5 lbs	10 lbs	<ol style="list-style-type: none"> <li>1. Core or cut off tomato ends and dice. Set aside.</li> <li>2. Combine the garlic, parsley, basil, oregano, sugar, salt and pepper with the vinegar in a large bowl or hotel pan. Stir in the oil.</li> <li>3. Add tomatoes to the mixture and chill. (This can be done up to several hours beforehand.)</li> <li>4. Steam beans until tender but firm and still bright green, about 4-8 minutes, depending on intensity of steamer. (Alternatively, they can be plunged into boiling water, cooked as above, and then drained.)  CCP: Heat to 140°F or higher.</li> <li>5. Chill until cold or in ice water. Drain and dry with a cloth.</li> <li>6. Toss beans with the marinated tomatoes, and onions, if you are using them, just before service.</li> <li>7. CCP: Hold for cold service at 41°F or lower.</li> </ol>
*Garlic, fresh, minced	1-1/2 tsp	1 Tbsp	
	About 1-2 cloves	About 3 cloves	
*Parsley, fresh, chopped	1/4 cup	1/2 cup	
*Basil, fresh or dried	1-1/2 tsp, dried	1 Tbsp, dried	
	3 Tbsp chopped fresh	1/4 cup 2 Tbsp, chopped fresh	
Oregano, dried	2-1/2 tsp	1Tbsp 2 tsp	
Sugar, granulated	1-1/4 tsp	2-1/2 tsp	
Salt	1-1/4 tsp	2-1/2 tsp	
Pepper, black	3/4 tsp	1-1/2 tsp	
Vinegar, balsamic	1/4 cup	1/2 cup	
Oil, preferably olive or olive oil blend	1/3 cup	2/3 cup	
*Green beans, snipped	5 lbs	10 lbs	
*Onion, red, diced (optional)	2 oz (1/3 cup)	4 oz (2/3 cup)	

\*= MA farm products needed for recipe. For ordering, see page 19.

# GREEN BEAN AND TOMATO SALAD

Serving: 1/2 cup

## Vegetable

### Preparation Tips:

- **Garlic:** *For an alternative to fresh garlic,* use whole peeled cloves or minced garlic. *To use fresh garlic,* pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) To remove skins, crush cloves with the flat of a large knife, then peel. *To mince,* use a food processor or mince by hand. *By hand,* crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.
- **Parsley:** *For chopped parsley,* wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. To chop finely, either chop, keeping the point end down and rotating the knife or chop by quickly raising and lowering the knife onto the parsley. When using a food processor DO NOT over chop and wrap in towel to keep dry.
- **Basil:** *To chop,* wash and dry leaves. To prevent browning, stack and chop leaves right before adding to dish.
- **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.
- **Onions:** *To dice,* remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)

### NUTRITIONAL ANALYSIS PER SERVING

Calories	42	Vitamin A (IU)	417
Cholesterol (Mg)	0	Vitamin C (Mg)	10.68
Sodium (Mg)	82	Protein (G)	1.17
Fiber (G)	1.71	Carbohydrate (G)	5.86
Iron (Mg)	0.79	Total Fat (G)	1.88
Calcium (Mg)	28.08	Saturated Fat (G)	0.27