

# John Stalker Institute

**000009 - Tasty Green Bean Toss**

**Recipe HACCP Process: #2 Same Day Service**

Source: MA FTS Cookbook  
 Number of Portions: 50  
 Size of Portion: 1/4 cup

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.25 Cup  
 Milk: 0 Cup

004053 OIL, OLIVE, SALAD OR COOKING... 011215 GARLIC, RAW.....	1/3 CUP 4 cloves	1. Combine olive oil and garlic in a small skillet and heat very briefly, over medium low heat, just until garlic begins to cook and become fragrant. Remove from heat and allow to cool. Do not allow garlic to brown.
012061 ALMONDS.....	3/4 CUP, sliced	2. Carefully roast the almonds, just until they brown slightly. This step is important, as it brings out better flavors in the almonds. Watch them closely to prevent burning. If almonds are whole, chop or slice after cooling.  Convection Oven: 300°F for approx. 2-5 minutes Conventional Oven: 325°F for approx. 5-7 minutes
011052 BEANS, SNAP, GREEN, RAW.....	6 LB	3. Remove ends from green beans, if using fresh product. Steam the beans in a perforated pan in the steamer, until tender but firm and still bright green in color. This will take from 4-8 minutes, depending on size of the beans and intensity of the steamer. Drain well.  CCP: Heat to 140° F or higher
002047 SALT, TABLE.....	1 TSP	4. Toss the green beans with the reserved garlic oil, nuts, and salt in a hotel pan and serve immediately.  CCP: Hold at 140° F or higher for service.
		NOTE: If working in a nut-free school, omit almonds.

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	38 kcal	Cholesterol	0.00 mg	Protein	1.30 g	Calcium	24.26 mg	53.25%	Calories from Total Fat
Total Fat	2.24 g	Sodium	50.50 mg	Vitamin A	36.47 RE	Iron	0.62 mg	6.59%	Calories from Sat Fat
Saturated Fat	0.28 g	Carbohydrate	4.17 g	Vitamin A	375.61 IU	Water <sup>1</sup>	49.37 g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.64 g	Vitamin C	6.72 mg	Ash <sup>1</sup>	0.53 g	44.05%	Calories from Carbohydrates
								13.77%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.