

Sesame-Roasted Green Beans



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Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (*adapted from: Vermont Farm to School Network*)

Ingredients:

Ingredient Name	Measurements
Green beans, fresh	10 lb + 7 oz
Vegetable oil, canola	¼ cup + ½ tsp
Salt	1 Tbsp + 1 1/8 tsp
Pepper, black, ground	1 tsp
Sesame seeds, toasted, unsalted**	½ cup + 1 tsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. Preheat the oven to 375°F.
2. Trim green beans. Spread in a single layer on a sheet pan and drizzle with oil, salt, and black pepper. Toss to coat.
3. Bake for 10 minutes.
4. Stir sesame seeds into pan and bake for another 1-2 minutes.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	34.78 kcal
Total Fat	1.91 g
Saturated Fat	0.19 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	304.22 mg
Total Carbohydrate	3.53 g
Dietary Fiber	1.77 g
Total Sugars	0.01 g
Protein	0.27 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*