



Sesame-Roasted Green Beans

Fall Winter Spring **Summer**

NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving	
Calories	74 kcal
Protein	2.89 g
Carbohydrate	10.16 g
Total Fat	3.55 g
Saturated Fat	0.52 g
Cholesterol	0 mg
Vitamin A	939.89 IU
Vitamin C	16.60 mg
Iron	1.76 mg
Calcium	73.41 mg
Sodium	195.68 mg
Dietary Fiber	4.03 g

EQUIVALENTS: ¾ cup provides ¾ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

“Save money by bulk purchasing fresh produce during the harvest season, then blanching and freezing it to use during the winter.”
— ABBIE NELSON

Sesame-Roasted Green Beans • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			① Preheat convection oven to 300°F or conventional oven to 325°F.
Green beans	15 lb		② Trim green beans. Divide among 6 full sheet pans and spread in a single layer. Drizzle each pan of vegetables with 4 tsp oil and sprinkle with 1 tsp salt and ½ tsp pepper. Toss to coat. Bake for 15 minutes. Stir 4 tsp sesame seeds into each pan of vegetables and bake until the vegetables are starting to brown, 4 to 5 minutes more.
Olive oil or vegetable oil		½ cup	
Kosher salt		2 Tblsp	
Ground black pepper		1 Tblsp	
Sesame seeds, toasted		½ cup	

NOTES

- You can also use asparagus or broccoli florets in place of the green beans.
- This recipe is best when asparagus or green beans are fresh and in season.

