

THREE BEAN SALAD

Serving: 1/2 cup

Vegetable and Meat Alternative

This is a fresh twist on an American classic.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Vinegar, white	1 cup	2 cups	<ol style="list-style-type: none"> Blend together the vinegar, sugar, dill (if you are using it), mustard, salt, garlic and black pepper. Gradually mix in the oil until well combined. (This may all be done by hand, but it blends especially well in the food processor.) Mix the kidney and white or garbanzo beans, and the onion, with the dressing in a hotel pan to combine. Steam the green beans until tender crisp, and still bright in color, about 5 minutes, depending on the intensity of your steamer. CCP: Heat to 140°F or higher. Chill under running water or in ice water. Drain and dry. Toss the chilled green beans with beans and dressing before service. Toss occasionally when serving to make sure each serving includes some small beans. (Once chilled, if necessary, extra vinegar and salt may be added to taste.) CCP: Hold for cold service at 41°F or lower.
Sugar, granulated	1/4 cup	1/2 cup	
*Dill, fresh, coarsely chopped (optional)	1/3 cup	2/3 cup	
Mustard, dried	1-1/2 tsp	1 Tbsp	
Salt	1-1/2 tsp	1 Tbsp	
*Garlic, fresh	1 tsp	2 tsp	
	1 clove	2 cloves	
Pepper, black	1/2 tsp	1 tsp	
Oil, preferably olive or olive oil blend	1 cup	2 cups	
Kidney Beans (or any canned bean), drained and rinsed	1 lbs 8 oz (1 qt)	3 lbs (2 qts)	
White (or any canned, light colored beans, such as Great Northern or Garbanzo, drained and rinsed)	1.5 lbs (1 qt)	3 lbs (2 qts)	
*Onion, red, diced	2 oz (1/2 cup)	4 oz (1 cup)	
*Green beans, snapped	6 lbs 12 oz	13.5 lbs	

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

THREE BEAN SALAD

Serving: 1/2 cup

Vegetable and Meat Alternative

Preparation Tips:

• **Dill:** For *chopped dill*, 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*, keep the point end down and rotate the knife as you chop OR chop by quickly raising and lowering the knife onto the parsley. If using a food processor DO NOT over chop and wrap in towel to keep dry.

• **Onions:** To *dice* remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half and lay the flat end down. Slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)

• **Garlic:** For an alternative to *fresh garlic*, use whole peeled cloves or minced garlic in oil. 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.

• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

NUTRITIONAL ANALYSIS PER SERVING

Calories	103	Vitamin A (IU)	5
Cholesterol (Mg)	0	Vitamin C (Mg)	6.25
Sodium (Mg)	137	Protein (G)	4.05
Fiber (G)	3.22	Carbohydrate (G)	10.24
Iron (Mg)	1.71	Total Fat (G)	4.5
Calcium (Mg)	54.14	Saturated Fat (G)	0.63