

Three Bean Salad

MA Farm to School Cookbook

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: 1/2 cup

One portion provides 1/2 vegetables OR
 1/2 oz meat alternate AND 1/4 cup vegetables

Ingredients	
Vinegar, white	1 cup
Sugar, granulated	1/4 cup
Dill, fresh, coarsely chopped	1/3 cup
Mustard, dried	1 1/2 tsp
Salt	1 1/2 tsp
Garlic, fresh, minced	1 tsp
Pepper, black	1/2 tsp
Olive oil	1 cup
Kidney beans, canned, drained, rinsed	1 lb 8 oz (1 qt)
Great Northern beans, canned, drained, rinsed	1 lb 8 oz (1 qt)
Onion, red, diced	2 oz (1/2 cup)
Green beans, raw, snipped	6 lb 12 oz

Instructions

1. Blend together the vinegar, sugar, dill, mustard, salt, garlic and black pepper.
2. Gradually mix in the oil until well combined.
3. Mix the kidney beans, Great Northern beans, and onion with the dressing to combine.
4. Steam the green beans until tender crisp and still bright in color, about 5 minutes. Chill under running water or ice water. Drain and dry.
5. Toss the chilled green beans with beans and dressing before service.

CCP: Hold for cold service at 41 degrees or lower.

Nutritional Information					
Calories	99	Iron	1 mg	Protein	4 g 15%
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	10 g 41%
Sodium	123 mg	Vitamin A	427 IU	Total Fat	4.6 g 42%
Dietary Fiber	3 g	Vitamin C	8 mg	Saturated Fat	0.7 g 6%
				Trans Fat	0.0 g 0%