

Sesame Green Beans

La Conner School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Haricot Vertes, (greed beans) flavrpac	5 lb (2½ x 2lb bags)		10 lbs (5 x 2 lb bags)				1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together. 2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture. CCP: Hot hold for service at 135°F or above. Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour.
Sesame oil, toasted		1¼ tsp		1 Tbsp ¾ tsp			
Olive Oil		1¼ tsp		1 Tbsp ¾ tsp			
Sea Salt		1 tsp		2 tsp			
Sesame seeds, toasted		1¼ tsp		1 Tbsp ¾ tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	

Nutrient Analysis		
Calories: 16	Saturated Fat: .07 gram	Sodium: 47.22 mg