

Category: Bean Salad With Asian Dressing

M-309-00

Yield

Salad, Salad Dressings and Relishes 25 Portions

G4G Color Code

Each Portion

green

½ cup (3 oz)

Sodium Code

Pan Size and Number

low

12 x 20 x 2-½-Inch Steam Table Pan (1)

Ingredients

Item	Measure	Weight	Approx issue
BLACK BEANS, CANNED, DRAINED, RINSED	2-½ cups	1 lb	!Y - No. 10 can
GARBANZO BEANS, CANNED, DRAINED, RINSED	2-½ cups	1 lb	!Y - No. 10 can
CORN, FROZEN	1-½ cups	8 oz	
CARROTS, FRESH, SLICED 1/8-INCH	1-¾ cups	8 oz	10 oz
CUCUMBER, FRESH, DICED ¼-INCH	1-¾ cups	8 oz	9-½ oz
TOMATOES, FRESH, DICED ¼-INCH	¾ cup	4 oz	4-¾ oz
GREEN ONIONS, FRESH, SLICED THIN	1 cup	2-½ oz	3 oz
BASIL, FRESH, CHIFFONADE	¼ cup	½ oz	!T o z
CILANTRO, FRESH, CHOPPED	!S c u p	½ oz	!T o z

Item	Measure	Weight	Approx issue
SOY SAUCE, LIGHT	!S c u p	2-½ oz	
VINEGAR, RICE	1 cup	8 oz	
GINGER, FRESH, PEELED, MINCED	![] c u p	1 oz	1-¼ oz
GARLIC, FRESH, PEELED, MINCED	1 tbsp	½ oz	!T o z
JUICE, LEMON, BOTTLED	1 tbsp	½ oz	
JUICE, ORANGE, FROZEN CONCENTRATE	¼ cup	2 oz	
OIL, SESAME	1 tbsp	½ oz	
OIL, VEGETABLE, CANOLA	¼ cup	2 oz	
PEPPER, BLACK, GROUND	1 tbsp	undefined	

Directions

CP: Thaw corn and orange juice concentrate under refrigeration at 41°F (5°C).

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Place black beans, garbanzo beans, corn, cucumber, tomatoes, green onion, basil and cilantro in a large mixing bowl.
3. In a separate bowl combine soy sauce, vinegar, ginger, garlic, lemon juice, orange juice concentrate, sesame oil, vegetable oil, and black pepper; mix well to incorporate.
4. Pour dressing over salad and gently toss. CP: Refrigerate at 41°F (5°C) for 30 minutes before serving.

Time

30 min.

Recipe Notes

1. The dressing can be made in advance and stored under refrigeration for use in Step 4.
2. In Step 2: to Chiffonade (little ribbons) the basil: stack basil leaves on a cutting board, long edge to form a little log of basil, make thin slices starting from the top.
3. In Step 3, if fresh ginger is unavailable, omit the ginger from this recipe as ground ginger would not substitute well in this kind of dish.
4. In Step 3, if fresh garlic is unavailable, 1-½ tsp granulated garlic, per 100 portions, may be substituted for fresh garlic.
5. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together.
6. Original recipe number: M-076-00

Nutrition Facts

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Calories94
Carbohydrates13 g
Sugars*3 g
Protein4 g
Fat3 g
Saturated Fat0.3 g
Cholesterol0 mg
Sodium239 mg
Calcium28 mg
Fiber3.5 g