

# GREEN BEAN SALAD(CANNED)-USDA FOODS

## MEAL COMPONENT CONTRIBUTION:

½ cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #1 - No cook



VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peppers, Green, Diced, Frozen, #1613	1 quart + 1 cup
Onions, Frozen, Diced, #1610	1 1/3 cups
Beans, Cut Green, Low Sodium, #10 Can, USDA #100307	3 #10 cans + 9 cups, drained
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	2 #10 cans , drained
Lemon Juice, Canned/Bottled, #2247	1 cup
Parsley, Dried, Chopped, #2717	1/4 cup
Cumin Seed, Ground, #2706	2 teaspoons
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Salsa, Bulk, #A237-USDA Foods	1 quart + 3 cups
Oil, Vegetable, #2507	1/2 cup
Cheese, Mozzarella, Shredded, USDA	2 pounds

## DIRECTIONS

1. Thaw the peppers and onions in the refrigerator overnight. Drain them thoroughly before using them in the recipe.
2. Drain the green beans and corn, then combine them with the peppers and onions in a large bowl.
3. To make the dressing: combine lemon juice, parsley, cumin, garlic powder, salsa, and oil. Pour the dressing over the salad and toss lightly to combine.
4. Place the salad in full size steamtable pans and cover the pans. Chill the salad for 2 hours before serving.  
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
5. Sprinkle Mozzarella cheese evenly over the pans of green bean salad.
6. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetable.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Label, and date any leftovers.

## PRODUCTION NOTES

Use USDA Foods foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for vegetables.

## NUTRIENTS PER SERVING

Calories	100	Dietary Fiber	3.68 g	Sodium	177.00 mg	Sat. Fat	0.92 g
Carbohydrates	14.71 g	Protein	5.02 g	Total Fat	3.00 g	Trans Fat	0.00 g