

Beans Green Sesame MTG

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Beans Green Sesame MTG

Nutrition Information

Calories	13.23	Protein	0.60g
Fat	0.38g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.40g	Fiber	1.11g
Sugar	0.60g	Sodium	45.98mg
Iron	0.34mg	Vitamin C	5.38mg
Vitamin A	227.70IU	Calcium	12.21mg

Ingredients

30 Cup BEAN GREEN BUSHEL 26# P/L

+/- 10 lbs

1 1/4 Tablespoon OIL SESAME PURE 10-56Z ROLN

SAUTE

Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.

1 1/4 Tablespoon OIL OLIVE PURE 4-3LTR GFS

2 Teaspoon SALT SEA 36Z TRDE

1 1/4 Tablespoon SPICE SESAME SEED HULLED 19Z TRDE

Preparation Instructions

WASH HANDS.

,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.

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,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

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,School Meal Pattern info (NSLP): 1/4 c. serving = 1/4 c. "other" vegetable

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