

# **Cookbook for Test High School 2**

**Created by HPS Menu Planner**

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Beans Green Sesame MTG

# Beans Green Sesame MTG

NO IMAGE

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00       | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch        | <b>Recipe ID:</b>     | R-94             |

## Ingredients

| Description                          | Measurement      | Prep Instructions   | DistPart # |
|--------------------------------------|------------------|---|------------|
| BEAN GREEN BUSHEL<br>26 P/L          | 30 Cup           | +/- 10 lbs  | 857424     |
| OIL SESAME PURE 10-<br>56Z ROLN      | 1 1/4 Tablespoon | <b>SAUTE</b><br>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. | 348630     |
| OIL OLIVE PURE 4-3LTR<br>GFS         | 1 1/4 Tablespoon |   | 432061     |
| SALT SEA 36Z TRDE                    | 2 Teaspoon       |   | 748590     |
| SPICE SESAME SEED<br>HULLED 19Z TRDE | 1 1/4 Tablespoon |   | 513806     |

## 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.

,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

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

## SLE Components

Amount Per Serving

|                 |      |
|-----------------|------|
| <b>Meat</b>     | 0.00 |
| <b>Grain</b>    | 0.00 |
| <b>Fruit</b>    | 0.00 |
| <b>GreenVeg</b> | 0.00 |
| <b>RedVeg</b>   | 0.00 |
| <b>OtherVeg</b> | 0.00 |
| <b>Legumes</b>  | 0.00 |
| <b>Starch</b>   | 0.00 |

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 13.23    |                  |        |
| <b>Fat</b>           | 0.41g    |                  |        |
| <b>SaturatedFat</b>  | 0.08g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 45.98mg  |                  |        |
| <b>Carbohydrates</b> | 2.40g    |                  |        |
| <b>Fiber</b>         | 0.90g    |                  |        |
| <b>Sugar</b>         | 1.20g    |                  |        |
| <b>Protein</b>       | 0.60g    |                  |        |
| <b>Vitamin A</b>     | 227.70IU | <b>Vitamin C</b> | 4.03mg |
| <b>Calcium</b>       | 12.21mg  | <b>Iron</b>      | 0.34mg |