ASIAN BEAN SALAD WITH CARROTS

Hartford Public Schools, FCNS - 2014

Grades: K-12 **Yield:** 40 to 80 portions

INGREDIENTS	40 SERVINGS MEASURE	80 SERVINGS MEASURE	DIRECTIONS
Cannellini beans, rinsed**	5.5 cups	11 cups	1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. 4. Wipe top of cans with clean damp cloth, open can with can opener.
Small red beans, rinsed** (may substitute with chickpeas, pinto beans or other type of legumes with contrasting colors)	11 cups	22 cups	
Peppers, red and/or green, diced	4 cups	8 cups	
Red onions, diced	4 cups	8 cups	***Cooking Methods:*** 1. Open cans & place beans into a colander. 2. Drain and rinse all beans under cold running water. 3. Drain excess water. 4. Place beans into a large stainless steel bowl. 5. Add diced peppers, onions, green beans, carrots, cilantro, and scallions. 6. Add garlic powder, ginger, salt and pepper 7. Add oil, honey, lime juice and vinegar. 8. Mix all ingredients gently, as to not break beans. 9. Portion beans salad into a 5.5 oz soufflé cup. Fill cups to top for a total of 5 oz per cup. Place on colored trays for self-service.
Frozen green beans, thawed	2 cups	4 cups	
Grated carrot	2 cups	4 cups	
Fresh cilantro, chopped	1 cup	2 cups	
Scallions, sliced	1 cup	2 cups	
Lime juice	1 cup	2 cups	
Red wine vinegar	1 cup	2cups	
Honey	¾ cup	1 ½ cups	
Garlic powder	¼ cup	½ cup	
Ginger powder	¼ cup	½ cup	
Olive oil	1 ½ cups	3 cups	
Salt	1 tsp	2 tsp	
Pepper, black	1 tsp	2 tsp	

Serving Size: ⅝ cup

Meal Pattern Contribution: ⅝ cup vegetable (⅜ cup legumes, ¼ other vegetable)

**USDA Foods Canned legumes (in #10 cans) such as kidney, pinto, Great Northern, chickpeas and small red beans yield differently based on amount per #10 can. Check the Food Buying Guide (FBG) for appropriate amounts to substitute.

Cannellini Beans are not listed in the FBG but are similar in size and portion to kidney beans. 1 #10 can of kidney beans yields 38.9 servings of ¼ cup drained beans.

Small Red beans - 1 #10 can (111 oz) yields 31.9 servings of ¼ cup drained beans.

All additional vegetables (peppers, onions, green beans, carrots) total 12 cups of vegetable which provide 48 servings of ¼ cup.

HACCP/Serving Instructions:

1. Place colored tray on the line for self service.
2. In between serving remove tray from serving line and return to refrigerator. Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.

Discard unused product after two days.

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.