

GREEN BEAN, CRANBERRY & SUNFLOWER SEED SALAD

RSD #10, Avon, & Canton Public Schools - 2018

Grades: K-12

Yield: 25-50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Fresh green beans	2½ lbs.	12.5 cups	5 lbs.	25 cups	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Trim green beans and cut into 1-inch pieces. Peel garlic. Process the garlic, oil, vinegar, mustard, 1 tsp salt and pepper in a food processor or with an immersion blender until smooth and creamy. Set aside. Place a bowl of ice water and long-handled strainer next to the stove. Bring water and ¼ cup salt to a boil in a large pot. Cook green beans until crisp-tender, 2 to 3 minutes. Remove with the strainer and plunge into the ice water. Let sit for 5 minutes, then drain and transfer to a large bowl. Add cranberries, sunflower seeds and the dressing to the green beans.
Garlic		1½ cloves		3 cloves	
Vegetable oil		1 cup		2 cups	
Balsamic vinegar		¼ cup		½ cup	
Dijon mustard		2 Tbsp		¼ cup	
Kosher salt		½ tsp + 2 Tbsp divided		1 tsp + ¼ cup, divided	
Ground black pepper		½ tsp		1 tsp	
Water		1½ gal		3 gal	
Dried cranberries	12½ oz.	2½ cups	1 lb. 9 oz.	1 qt. + 1 cup	
Sunflower seeds, toasted	7 ½ oz.	1¼ cups	15 oz.	2½ cups	
<p>Serving Size: ½ cup</p> <p>Meal Pattern Contribution: ¼ cup Other Vegetable, ⅓ cup Fruit, ¼ oz. M/MA</p> <p>Note: Other types of vinegar can be used! Use kitchen shears to trim the stem ends of the green beans.</p>					<p>HACCP/Serving Instructions:</p> <ol style="list-style-type: none"> 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.

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.

