

# 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.	13 ⅓ cups	5 lbs.	26 ¼ cups	<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>Trim green beans and cut into 1-inch pieces.</li> <li>Peel garlic.</li> <li>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.</li> <li>Place a bowl of ice water and long-handled strainer next to the stove.</li> <li>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.</li> <li>Add cranberries, sunflower seeds and the dressing to the green beans.</li> </ol>
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><b>Serving Size:</b> 1 cup</p> <p><b>Meal Pattern Contribution:</b> ½ cup Other Vegetable, ¼ cup Fruit, ½ oz. M/MA. EQUIVALENTS: ½ cup provides ¼ cup other vegetable, ⅛ cup fruit, and .25 oz M/MA.</p> <p><b>Note:</b> Other types of vinegar can be used! Use kitchen shears to trim the stem ends of the green beans.</p>					<p><b>HACCP / Serving Instructions:</b></p> <ol style="list-style-type: none"> <li>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.</li> </ol>

**NUTRITION INFORMATION\* SERVING SIZE:** 1 cup Amount per Serving Calories 180 kcal  
Protein 2.39 g Carbohydrate 14.74 g Total Fat 13.08 g Saturated Fat 1.79 g Cholesterol 0 mg  
Vitamin A 251.81 IU Vitamin C 2.04 mg Iron 0.86 mg Calcium 34.26 mg Sodium 447.55 mg  
Dietary Fiber 2.70 g  
\*Recipe, analysis and nutritional provided by VT FEED New School Cuisine Cookbook

*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.*



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