

Green Beans

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
*Green beans, fresh, trimmed, ready to use OR *Green beans, fresh, whole, untrimmed OR Green beans, cut, frozen	9 lb OR 10 lb 6 oz OR 8 lb 12 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> For fresh beans, trim by breaking off the end (the top and tail) as you wash them. If uncut, cut into ¾-inch pieces. Steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the beans. Remove from heat when beans are tender and can be easily cut with a fork. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> Drain and serve. <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

Notes:

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Nutrients calculated using Food Processor for green beans, boiled, from frozen, drained.

Serving: ½ cup provides ½ cup cut, cooked vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies see menu

Nutrients Per Serving

Calories	18.90	Saturated Fat	0.03 g	Iron	0.45 mg
Protein	1.01 g	Cholesterol	0 mg	Calcium	28.35 mg
Carbohydrate	4.35 g	Vitamin A	14.14 RAE mcg	Sodium	0.67 mg
Total Fat	0.11 g	Vitamin C	2.77 mg	Dietary Fiber (2016)	2.02 g