



Sesame Roasted Green Beans

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 100

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Vermont Farm to School Network)

Ingredients:

Ingredient Name	Measurements
Green beans, fresh	20 lb + 14 oz
Vegetable oil, canola	½ cup + 1 tsp
Salt	2 Tbsp + 2 ½ tsp
Pepper, black, ground	2 tsp
Sesame seeds, toasted, unsalted (optional)**	1 cup + ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. Preheat the oven to 375°F.
2. Trim green beans. Spread in a single layer on a sheet pan and drizzle with oil, salt, and black pepper. Toss to coat.
3. Bake for 10 minutes.
4. Stir sesame seeds (if using) into pan and bake for another 1-2 minutes.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	34.78 kcal
Total Fat	1.91 g
Saturated Fat	0.19 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	304.22 mg
Total Carbohydrate	3.53 g
Dietary Fiber	1.77 g
Total Sugars	0.01 g
Protein	0.27 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup