



## Sesame Roasted Green Beans

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ½ cup

**Yield:** 300

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

### Ingredients:

Ingredient Name	Measurements
Green beans, fresh	62 lb + 8 oz
Vegetable oil, canola	1 ½ cup + 1 Tbsp
Salt	½ cup + 1 tsp
Pepper, black, ground	2 Tbsp + ¼ tsp
Sesame seeds, toasted, unsalted (optional)**	3 cups + 1 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:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
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:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.5 cup