

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	9 lb				<ol style="list-style-type: none"> 1. For fresh beans, trim and then wash under cold running water. If untrimmed, break off the end (the top and tail) as you wash them. 2. If uncut, cut into ¾-inch pieces. 3. Steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the beans. 4. Remove from heat when beans are tender and can be easily cut with a fork. 5. CCP: Cook to a temperature of 135° F or above. 6. CCP: Hold at 135° F or above. 7. Drain and serve.
OR	OR				
Green beans, fresh, whole, untrimmed	10 lb 6 oz				
OR	OR				
Green beans, cut, frozen	8 lb 12 oz				

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Notes:

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