



RECIPE NAME: Three Bean Salad

File No:

| | |
|---------------------------|--|
| Grade Group: K-8, 9-12 | HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100 | |
| Portion Size: ½ cup | |
| Serving Utensil: #8 scoop | |
| Servings per Pan: | |

Recipe Adapted From:

Sheboygan Area
and Deerfield
School Districts



| Ingredients | Weight | Measure | Procedure |
|---|--------------------------|--|---|
| Beans, Black, Canned, Drained, Rinsed Beans, Garbanzo, Canned, Drained, Rinsed Beans, Kidney, Red, Canned, Drained, Rinsed Corn, Canned, No Added Salt Onions, Red, Raw, Chopped Basil, Fresh, Chopped Lemon Juice (from 4 lemons) Lemon Zest (from 4 lemons) Honey Black Pepper, Ground Garlic, Dried Granulated | | 1 #10 can 1 #10 can 1 #10 can 2 #10 cans 3 cups ¾ cup ¾ cup 3 Tbsp 3 Tbsp 1 tsp 1 Tbsp + 1 tsp | <ol style="list-style-type: none"> Mix all beans and corn together in a large container. Mix all remaining dressing ingredients together (onion, basil, lemon juice, lemon zest, honey, black pepper, granulated garlic). Pour dressing over beans and corn. Mix well. Cover and refrigerate until service. CCP: Hold for cold service at 41°F or lower. <p>Crediting: ¼ c. B/P, ⅛ c. starchy, ⅛ c. additional vegetable*</p> |
| Total Yield | Number of Pans: | | |
| Weight: | Measure (volume): | Pan Size: | |

Meal Component Contribution/Nutrition Analysis Based on Portion Size

| | | | | | | |
|---|------------------------|------|-----|------|---|---|
| Specify the grade group in the columns: | Grade Group: K-8, 9-12 | | | | | Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other |
| Meat/MeatAlternate | | | | | | |
| Vegetable Subgroups *total: ½ cup | DG | B/P | R/O | S | O | |
| | | ¼ c. | | ⅛ c. | | |
| Fruits | | | | | | |
| Grains | | | | | | |
| Calories: | 106 | | | | | |
| Saturated Fat (g): | 0.18 g | | | | | |
| Sodium (mg): | 270.87 mg | | | | | |