



**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: 50	
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 2 lemons) Lemon Zest (from 2 lemons) Honey Black Pepper, Ground Garlic, Dried Granulated		½ #10 can ½ #10 can ½ #10 can 1 #10 can 1 ½ cups ½ cup ¼ cup + 2 Tbsp 1 ½ Tbsp 1 ½ Tbsp ½ tsp 2 tsp	<ol style="list-style-type: none"> <li>Mix all beans and corn together in a large container.</li> <li>Mix all remaining dressing ingredients together (onion, basil, lemon juice, lemon zest, honey, black pepper, granulated garlic).</li> <li>Pour dressing over beans and corn. Mix well.</li> <li>Cover and refrigerate until service.</li> </ol> <p>CCP: Hold for cold service at 41°F or lower.</p> <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):	270.86 mg					