

Roasted Green Beans

 Cooking time: 20 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables

NSLP: ½ cup Other Vegetables

SFSP: ½ cup Vegetables

| Ingredients | 12 Servings | | 24 Servings | |
|-------------------------------------|-------------|----------------|-------------|---------------|
| | Weight | Measure | Weight | Measure |
| Green beans, fresh, washed, trimmed | 2 pounds | | 4 pounds | |
| Olive oil or vegetable oil | | 1½ Tablespoons | | 3 Tablespoons |
| Salt | | ⅛ teaspoon | | ¼ teaspoon |
| Black pepper | | ⅛ teaspoon | | ¼ teaspoon |



Directions

1. Preheat oven to 400°F. Place washed and trimmed green beans in a large bowl. Add the oil, salt and pepper to the green beans. Toss to coat the green beans.
2. Place green beans in a single layer on a parchment-lined sheet pan being careful not to overcrowd the pan. For 12 servings use 3 half-size sheet pans. For 24 servings use 6 half-size sheet pans or 3 full-size sheet pans.
3. Roast in the preheated oven for 12–15 minutes, or until the beans are lightly browned and blistered.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve ½ cup portions.

| Serving | Yield | Volume |
|---------|--|---|
| ½ cup | 12 Servings: about 1 pound 12 ounces 24 Servings: about 3 pounds 8 ounces | 12 Servings: about 1½ quarts 24 Servings: about 3 quarts |

| Nutrients Per Serving | | | | | |
|-----------------------|-------|---------------|-------|-----------|--------|
| Calories | 39 | Sodium | 29 mg | Vitamin A | 521 IU |
| Total Fat | 1.9 g | Carbohydrate | 5 g | Vitamin C | 9 mg |
| Saturated Fat | 0.2 g | Dietary Fiber | 2 g | Iron | 0.8 mg |
| Cholesterol | 0 mg | Protein | 1 g | Calcium | 28 mg |

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.