

Feeding Our Future

Green Beans with Orange Mint Vinaigrette

Number of servings: 25

Serving Size: ¼ lb. (~1/2 cup)

Prep time: 20 minutes

INGREDIENTS:

6 ¼ pounds of green beans, blanched

Vinaigrette:

6 oz. olive oil

5 ½ oz. whole orange without skin (blended)

½ bunch mint (~1/4 cup.)

1 clove garlic pressed or minced

Dash of salt

Blend in a blender: orange, mint, garlic, and olive oil.



1. Wash and trim ends of green beans.



2. Blanch green beans in boiling water for 3-1/2 minutes and strain.



3. Put green beans in ice bath or freezer until cool; remove and dry.



4. Vinaigrette Recipe: Whole peeled orange, ¼ cup mint, 1 clove garlic pressed, 6 oz. olive oil; blend until smooth.



5. Add orange vinaigrette dressing to green beans.



6. Toss green beans to disperse dressing.

Nutrition Facts	
Serving Size ¼ cup (113g)	
Servings Per Recipe 25	
Amount per Serving	
Calories 89	Calories from Fat 63
% Daily Value*	
Total Fat 7 g	70%
Saturated Fat 1 g	10%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 19 mg	22%
Total Carbohydrate 8 g	34%
Dietary Fiber 4 g	5%
Sugars 3 g	
Protein 1 g	
Vitamin A 1%	Vitamin C 1%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

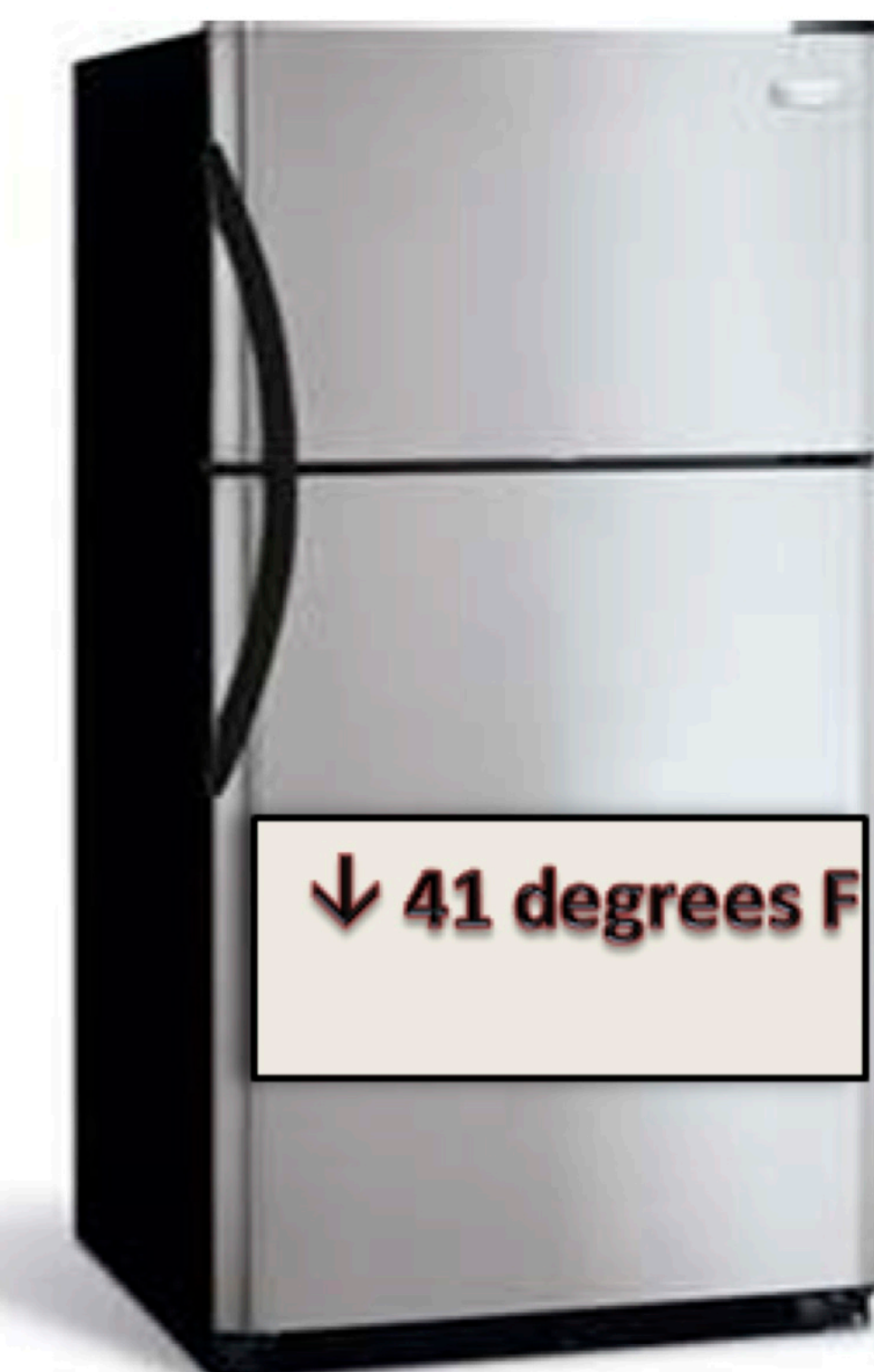
	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Recipe Cost Per Person

Ingredients	Cost
Green Beans	\$18.75
Olive Oil	\$1.08
Fresh Orange	\$0.17
Mint	\$0.75
Garlic	\$0.02
Salt	\$0.00
Total	\$20.77

Important Food Safety Tips:

- Wash, rinse, and sanitize all equipment and surfaces used for the recipe, in dish-washer or by hand.
- All food items should be refrigerated until recipe preparation at a temperature of 41 degrees or below.
- Any food items should be placed in a sealed and covered container.
- Store finished food product and any leftovers in refrigerator for safe storage at or below 41 degrees.



Final Cost Comparison

Canned Green Beans	\$0.22
Green Beans w/ Orange Mint Vinaigrette	\$0.83
Total Savings	[\$0.61]