

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, drained	9 oz	1 1/2 cups	1 lb 2 oz	3 cups	1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned wax beans, drained	7 1/2 oz	1 1/2 cups	15 oz	3 cups	
Canned cut green beans, drained	1 lb 3 oz	3 3/4 cups	2 lb 5 1/2 oz	1 qt 3 1/2 cups	
*White or red onions, chopped OR		1/4 cup		1/2 cup	
Dehydrated onions		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
*Fresh green pepper, chopped (optional)		1/2 cup 2 Tbsp	6 1/2 oz	1 1/4 cups	
Vegetable oil		1/3 cup		2/3 cup	3. Combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix or shake in a jar until well blended. 4. Pour dressing over beans. Toss lightly to combine and coat evenly. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Vinegar		1/3 cup		2/3 cup	
Sugar		1 Tbsp 2 tsp		1/3 cup	
Flaked basil		1 1/2 tsp		1 Tbsp	
Black or white pepper		1/2 tsp		1 tsp	5. Mix lightly before serving.
Garlic powder		1/2 tsp		1 tsp	6. Portion with No. 16 scoop (1/4 cup).
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	2 oz	3 1/2 oz
Green pepper	4 oz	8 1/4 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	25 Servings: 1 qt 2 1/2 cups (approximately)	25 Servings:
	50 Servings: 3 qt 1 cup (approximately)	50 Servings:

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Nutrients Per Serving

Calories	47	Saturated Fat	.5 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	3 g	Vitamin A	9 RE/91 IU	Sodium	110 mg
Total Fat	3.0 g	Vitamin C	2 mg	Dietary Fiber	1 g