

# Citrus Spiced Green Beans & Carrots

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield:

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Green Beans, fresh, trimmed	10 lbs.		20 lbs.	
Carrots, fresh, julienned	1 lb. 4 oz.		2 lb. 8 oz.	
Oil, olive or cooking		½ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper, ground		1 tsp		2 tsp
Garlic, granulated		1 tsp		2 tsp
Orange juice (fresh or bottled)		½ cup		1 cup
Orange zest (optional)		2 Tbsp.		¼ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Rinse beans in large colander.
2. Distribute beans and carrots evenly in steamtable pans (½ pan size).
3. Steam uncovered for 5-7 minutes until bright green and al dente.
4. Chill beans completely in ice bath.
5. Combine oil and seasonings with whisk.
6. In a large bowl, combine green beans, carrots, orange juice and seasoned oil. Mix thoroughly.
7. Transfer to appropriate serving pans and serve cool. Sprinkle with orange zest before placing on serving line.

HACCP Critical Control Point: Hold at 40°F or below.

## Serving Information

Use a 4 ounce spoodle or portion approximately 15 beans with tongs, to provide ½ cup other vegetable serving.

**Nutrition Information** per ½ cup serving \*From USDA Nutrient Database

Calories: 47 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 0g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 7g Fiber: 3g Total Sugar: 2g Protein: 2g Sodium: 58mg Vitamin A: 99µg  
Vitamin C: 28mg Calcium: 40mg Iron: 1mg Folate: 29µg



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