

## GREEN BEANS NICOISE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
59 cal	8 g	2 g	3 g	7 mg	144 mg	44 mg

**Ingredient**

GARLIC POWDER  
 ONIONS,FRESH,SLICED  
 BUTTER  
 BEANS,GREEN,FROZEN,WHOLE  
 SALT  
 WATER,BOILING  
 PEPPER,BLACK,GROUND  
 TOMATOES,CANNED,WHOLE,PEELED,DRAINED

**Weight**

<1/16th oz  
 3 lbs  
 12 oz  
 16 lbs  
 5/8 oz  
 12-1/2 lbs  
 <1/16th oz  
 6-1/4 lbs

**Measure**

1/8 tsp  
 3 qts  
 1-1/2 cup  
 3 gal 2-5/8 qts  
 1 tbsp  
 1 gal 2 qts  
 1/8 tsp  
 2 qts 3-3/4 cup

**Issue**

3-3/8 lbs

**Method**

- 1 Saute onions and garlic powder in butter or margarine until tender.
- 2 Add beans to salted water. Bring to a boil; cover; simmer 5 to 8 minutes or until beans are tender. Drain; reserve 1 quart liquid.
- 3 Drain canned tomatoes. Crush tomatoes. Combine onions, garlic, beans, bean liquid, and pepper. Mix lightly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.