

Corn and Green Bean Casserole

Vegetable

Vegetables

I-19

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	1. In a large bowl, mix salad dressing or mayonnaise, reduced fat Cheddar cheese, celery, and onions (optional).
	OR	OR	OR	OR	
Reduced fat Cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh celery, chopped	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
*Fresh onions, chopped (optional)	8 oz	1 ½ cups	1 lb	2 ¾ cups	
Frozen whole-kernel corn, thawed Use SC Grown Corn!	5 lb	3 qt 2 cups	10 lb	1 gal 3 qt	2. In a steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray place 5 lb of corn and 5 lb of green beans. Add 2 qt of salad dressing mixture to vegetables and mix thoroughly. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Frozen French-cut green beans, thawed	5 lb	1 gal 1 ½ cups	10 lb	2 gal 3 cups	
Enriched soft bread crumbs	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt	3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steamtable pan.
Margarine or butter, melted	4 oz	½ cup	8 oz	1 cup	4. Bake until golden-brown: Convectional oven: 350° F for 40 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 140° F or higher.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	1 lb 4 oz	2 lb 8 oz
Mature onions	10 oz	1 lb 4 oz

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SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: about 15 lb 3 oz

100 Servings: about 30 lb 6 oz

Edited 2004

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: about 3 gallons 2 cups

Special Tip:

For best results, thaw vegetables overnight in a refrigerator.

Nutrients Per Serving

Calories	129	Saturated Fat	1.21 g	Iron	0.89 mg
Protein	3.67 g	Cholesterol	7 mg	Calcium	67 mg
Carbohydrate	18.80 g	Vitamin A	381 IU	Sodium	208 mg
Total Fat	5.20 g	Vitamin C	3.5 mg	Dietary Fiber	2.7 g