

THICKENUP® GREEN BEANS / WAX BEANS

serving = 1/2 cup vegetable

INGREDIENTS	NUMBER OF SERVINGS			
	12	24	36	
Green (Wax) Beans, cooked and drained	1 1/2 qt.	3 qt.	4 1/2 qt.	
RESOURCE® ThickenUp®	1/2 cup 2 Tbsp.	1 1/4 cups	1 3/4 cups 2 Tbsp.	

HOW TO PREPARE:

1. Puree cooked, drained Green Beans until smooth.
2. Add **ThickenUp**. Process briefly until mixed, scraping sides of bowl.
3. For each serving, portion #16 scoop into mold coated with vegetable cooking spray. Spread evenly. Place on tray; cover and freeze until solid.
4. After mixture is frozen (about 2 hours), press it out of the mold. Place frozen shapes on a sheet pan or a steamtable pan coated with vegetable cooking spray. Cover tightly with aluminum foil. Heat as directed below, to 165° F.
5. Hold for service at internal temperature of 140° F. or higher.

NOTE: Measurements of liquid and ThickenUp may be adjusted to achieve desired consistency.

	CONVENTIONAL OVEN AT 375° F	CONVECTION OVEN AT 325° F	STEAMER*
MEATS	20 to 25 min	15 to 20 min	20 min
VEGETABLES	20 min	15 min	15 min

* Mixture may be left in mold when heating in steamer. Place frozen mold form directly on a sheet pan. Cover with foil; steam as directed to 165° F. Invert mold over sheet pan and push to remove food shapes. Hold for service at internal temperature of 140° F. or higher.

APPROXIMATE NUTRITIONAL ANALYSIS

Portion: 1 mold

Calories 32
 Protein 0.8 gm
 Carbohydrate 7 gm
 Fat 0.1 gm
 Sodium..... 210 (Canned) mg
 50 (Fresh/Frozen) mg
 Cholesterol..... 0 mg

Diabetic Exchange:
1 vegetable

