

## Three Bean Salad

Portions:

325	4	Item
30 lbs	¾ cup	Soy Beans, cooked, cooled and shelled
30 lbs	¾ cup	Red Beans, cooked and cooled
30 lbs	¾ cup	Black Eyed Peas, cooked and cooled
20 cups	¼ cup	Shallot, medium diced
40 cups	½ cup	Verjus, white
20 cups	¼ cup	Lemon juice
4 ½ lbs	2 Tbsp	Sugar
20 cups	¼ cup	Walnut oil
13 Tbsp	½ tsp	Salt
3 Tbsp	pinch	Red pepper flakes

Method:

1. Soak the Shallot in cold water for 15 minutes then drain
2. Combine the three beans and the soaked shallot. Toss to combine. Set aside
3. Heat and stir the verjus, lemon juice, salt, pepper flakes and sugar just to simmering.
4. Remove from the heat and stir in the oil
5. Pour over the beans and toss to coat
6. Cool in refrigerator at least 2 hours or overnight
7. Serve chilled

\* Fresh chopped parsley can be added just before serving for more color

TALKING POINTS:

- No vinegar
- Beans for fiber and a vegetarian protein source
- Bean variety

<b>Nutrition Facts</b>			
Serving Size (125g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 180	<b>Calories from Fat</b> 90		
% Daily Value*			
<b>Total Fat</b> 10g	<b>15%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 300mg	<b>13%</b>		
<b>Total Carbohydrate</b> 18g	<b>6%</b>		
Dietary Fiber 4g	<b>16%</b>		
Sugars 7g			
<b>Protein</b> 7g			
Vitamin A 2%	• Vitamin C 8%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			