

Pizza Green Beans

Enjoy the flavors of Italy with garlic, oregano, green beans, and canned diced tomatoes in this Pizza Green Beans recipe.

CACFP Home Childcare Crediting Information

½ cup provides ½ cup vegetable (½ cup other vegetable).



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

2 cups or 8 ¼ oz Canned no-salt-added diced tomatoes, drained

1 qt or 1 lb 11 oz Canned no-salt-added green beans, with liquid

⅓ cup Dried oregano

1 ½ tsp Fresh garlic, minced

⅓ tsp Ground black pepper

½ tsp Salt, kosher

Directions

- 1 Combine tomatoes and green beans in a medium saucepan.
- 2 Add oregano, garlic, black pepper, and salt. Stir well.
- 3 Bring to a boil uncovered over medium high heat for 5-10 minutes. Reduce heat and simmer uncovered for 5 minutes.
- 4 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 5 Transfer to a medium size serving dish.
- 6 Serve ½ cup (portion with 4 oz slotted spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: **Calories** 35, **Protein** 1 g, **Carbohydrates** 7 g, **Dietary Fiber** 3 g, **Total Sugars** 1 g, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 183 mg **Vitamin A** 21 mcg RAE, **Vitamin C** 4 mg, **Vitamin D** 0 IU, **Calcium** 47 mg, **Iron** 2 mg, **Potassium** 214 mg

