**retail salad green bean**

**Yield: 1- 9.5 oz serving**

Mesculin Greens 1 oz

Spinach 1 oz

ROMAINE LETTUCE 1 OZ

Carrots, julienne ½ oz

Red pepper, ¼” dice ½ oz

Water chestnuts, slice ½ oz

Green beans, blanched 2 oz

\*\*Brown rice, cooked 3 oz

\*\*Dressing, sesame soy vinaigrette 2 oz

1. Place greens in center of bowl
2. Top with carrots, red peppers, water chestnuts, and green beans
3. Add brown rice around the edge of the salad bowl
4. Drizzle dressing over the top

**\*\*BROWN RICE**

**YIELD: 21 OZ**

BROWN RICE 1 CUP

WATER 3 CUP

1. COMBINE RICE WITH WATER TO 3 TO 1 RATIO
2. PLACE IN STEAMER OR COOK ON STOVE TOP UNTIL RICE IS TENDER AND ALL WATER IS ABSORBED.

**\*\*DRESSING SEsame soy vinagrette**

**yield: 2 cups= 16-1 oz servings**

ginger, minced .5 tsp

garlic fresh, minced .5 tsp

chili paste, sambel olek .5 tsp

rice vinegar 10 t

soy sauce 6 t

pineapple juice .5 cup

sesame oil 2 t

corn starch 1 t

1. combine all and whisk together
2. heat in sauce pan to activate starch
3. cool and hold below 40 F