



Vegetables with Sesame Dip

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup + 1 Tbsp dip

Amount per Serving	
Calories	64 kcal
Protein	1.44 g
Carbohydrate	8.32 g
Total Fat	3.01 g
Saturated Fat	0.33 g
Cholesterol	0 mg
Vitamin A	48.86 IU
Vitamin C	19.46 mg
Iron	0.88 mg
Calcium	19.41 mg
Sodium	3.41 mg
Dietary Fiber	0.84 g

EQUIVALENTS: ½ cup provides
½ cup other vegetable.

Recipe HACCP Process: #1 No Cook

“Involving students in food production, delivery, preparation and/or service is a transformative experience and proves to be very influential in how they think about food choices.”

— MOLLIE SILVER

Vegetables with Sesame Dip • 50 servings (½ cup vegetables + 1 Tbsp dip)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Snap peas	16 lb	25 cups	<ol style="list-style-type: none"> 1 Remove strings from snap peas. 2 Process honey, tamari (or soy sauce), ginger, canola oil, sesame oil, lemon juice and zest in a food processor fitted with a steel blade until smooth. Serve with the snap peas.
Honey		1 cup	
Low-sodium tamari or soy sauce		1 cup	
Ground ginger		2 Tbsp	
Canola oil		½ cup	
Sesame oil		½ cup	
Lemon juice		¼ cup	
Lemon zest		1 tsp	
NOTES			
<p><i>Use other cut up vegetables in place of the snap peas. You'll need 25 cups.</i></p>			

