

Black Bean Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 32 oz.

8 (4 oz.) Servings

Ingredients	Weight	Measure
Black beans (canned) drain and rinse	15	oz
Ro*tel canned tomatoes and chili peppers (do not drain)	8	oz
Frozen corn	1	Cup
Green bell pepper (diced small)	½	Cup
Red bell pepper (diced small)	½	Cup
Red Onion (chopped small)	½	Cup
Zesty Italian dressing	1	Cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare vegetables; add black beans, corn and Ro*tel.
2. Toss with dressing and serve.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

4 oz. of salad, garnish with 1 tsp. fresh chopped cilantro

Nutrition Information

*From USDA Nutrient Database

Calories: 180 Total Fat: 9 g Saturated Fat: 1 g Carbohydrate: 22 g Protein: 5 g Sodium: 608 mg
Vitamin A: 1% Vitamin C: 33% Calcium: 4% Iron: 5%