

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 004 00**

**FRIJOLE SALAD**

**Yield** 100

**Portion** 3/4 Cup

| <b>Calories</b> | <b>Carbohydrates</b> | <b>Protein</b> | <b>Fat</b> | <b>Cholesterol</b> | <b>Sodium</b> | <b>Calcium</b> |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 63 cal          | 12 g                 | 2 g            | 2 g        | 0 mg               | 247 mg        | 30 mg          |

**Ingredient**

BEANS,KIDNEY,DARK RED,CANNED,DRAINED  
 SALAD DRESSING,FRENCH,PREPARED,L/C  
 CABBAGE,GREEN,FRESH,SHREDDED  
 TOMATOES,FRESH,CHOPPED  
 CUCUMBERS,FRESH,PEELED,SLICED

**Weight**

4-2/3 lbs  
 4-5/8 lbs  
 8-5/8 lbs  
 6-1/3 lbs  
 3-2/3 lbs

**Measure**

3 qts  
 2 qts  
 3 gal 2 qts  
 0 gal 4 qts  
 3 qts 2 cup

**Issue**

10-3/4 lbs  
 6-1/2 lbs  
 7-1/4 each

**Method**

- 1 Drain beans; rinse well; drain.
- 2 Combine beans and French Dressing.
- 3 Cover; refrigerate at least 6 hours. CCP: Hold for service at 41 F. or lower.
- 4 Add cabbage, tomatoes, and cucumbers just before serving. Mix lightly.