

Black Bean, Corn and Tomato Fiesta Salad

Sartell-St. Stephen Public Schools

HACCP Process: #1 No Cook
 Number of Portions: 110
 Portion Size: 1/2 cup

One portion provides:
 1/2 oz meat/meat alternate + 1/4 cup vegetable OR
 1/2 cup vegetables

Ingredients	
Black beans, canned	2 No. 10 cans
Corn, sweet, yellow, frozen, kernels cut off cob, thawed	12 lbs
Tomatoes, diced	6 lbs
Onions, spring or scallions (including tops and bulb), chopped	2 cups
Cilantro	3 cups
Olive oil	3 cups
Lime juice	3 cups
Cumin, ground	1/2 cup
Salt, table	1 1/2 tbsp
Pepper, black	1/4 cup
Jalapeno peppers, raw, diced	8 peppers

Instructions

1. Drain thawed corn. [Can use two no. 10 cans drained, whole kernel corn may be substituted.] Drain black beans in a colander. In a large plastic tub, add drained corn, black beans, diced tomatoes and chopped green onion.
2. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, cumin, salt, black pepper, and diced jalapenos. Blend well.
3. Pour dressing over the bean, corn, tomato and onion mixture. Blend well, cover and refrigerate overnight. Stir well before serving.

CCP: Hold for cold service at 41° F or lower.

Nutritional Information					
Calories	219	Iron	2 mg	Protein	6 g 11%
Cholesterol	0 mg	Calcium	36 mg	Carbohydrates	20 g 36%
Sodium	295 mg	Vitamin A	339 IU	Total Fat	6.2 g 25.3%
Dietary Fiber	4 g	Vitamin C	8 mg	Saturated Fat	0.9 g 3.6%
				Trans Fat	N/A g N/A%