

Black Bean and Corn Salad

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is a simple delicious salad that works well with any Mexican-style entrée, like tacos. Try not to resort to bottled lime juice here. Frozen or fresh is the way to go.

- 9 pounds frozen or low-sodium canned corn kernels
- 1 red onion, chopped fine (about $\frac{3}{4}$ pound)
- 8 large red peppers, diced (about 2½ pounds)
- 1 cup rice wine vinegar or white vinegar
- $\frac{1}{2}$ cup olive oil
- 2 cups lime juice
- 2½ teaspoons salt
- 3½ teaspoons ground pepper
- 2½ #10 cans black beans, drained
- 2¼ cups chopped cilantro

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

If corn is frozen, steam corn till defrosted.

Chop the onion, dice the peppers, and hold both aside.

In a large bowl, whisk together vinegar, olive oil, lime juice, salt, and pepper to make a dressing.

Add beans, corn, onion, red pepper, and cilantro and mix well.

NUTRITIONAL INFORMATION

CALORIES: 120; SODIUM: 221.51 MG; SATURATED FAT: 2.12%

USDA REQUIREMENTS MET

$\frac{1}{4}$ CUP STARCHY VEGETABLE