

Cowboy Corn Salad

Number of Portions: 25

HACCP Process: #1 No Cook

One portion provides: ¾ cup vegetables (½ cup other, ¼ cup legumes)

Portion Size: ¾ cup (6-oz portion server)

Ingredients

Corn (frozen kernels)*	1 qt
Black beans (canned), low-sodium*	1 qt + 2-¼ cups
Red onions, chopped	1-⅓ cups (1 – 2 onions)
Cherry tomatoes, chopped	1-⅓ cups (~20 cherry tomatoes)
Green peppers, chopped	¾ cup (~1 medium pepper)
Cilantro (fresh), chopped	⅓ cup
Italian dressing, Reduced-Fat	¾ cup
Chili powder	1 tbsp + 1 tsp
Cumin, ground	1 tbsp + 1 tsp

*USDA Foods

Instructions

1. Thaw frozen corn in refrigerator overnight. Drain liquid.
2. Wash and chop/dice onions, tomatoes, and peppers.
3. Drain and rinse black beans thoroughly.
4. Mix together thawed corn, beans, and chopped fresh ingredients.
5. Add dressing and seasonings to vegetables and gently toss.
6. Serve chilled.

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

Nutrition Information

Calories	90 kcal	Iron	2 mg	Protein	5 g	21% of kcal
Cholesterol	0 mg	Calcium	37 mg	Carbohydrates	17 g	77% of kcal
Sodium	81 mg	Vitamin A	270 IU	Total Fat	1 g	10% of kcal
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.

Cowboy Corn Salad

Number of Portions: 50

HACCP Process: #1 No Cook

One portion provides: $\frac{3}{4}$ cup vegetables ($\frac{1}{2}$ cup other, $\frac{1}{4}$ cup legumes)

Portion Size: $\frac{3}{4}$ cup (6-oz portion server)

Ingredients

Corn (frozen kernels)*	2 qt + $\frac{1}{4}$ cup
Black beans (canned), low-sodium*	3 qt + $\frac{1}{2}$ cup
Red onions, chopped	2- $\frac{3}{4}$ cups (2 – 3 onions)
Cherry tomatoes, chopped	2- $\frac{3}{4}$ cups (~40 cherry tomatoes)
Green peppers, chopped	1- $\frac{1}{3}$ cups (1 – 2 medium peppers)
Cilantro (fresh), chopped	$\frac{2}{3}$ cup
Italian dressing, Reduced-Fat	1- $\frac{1}{3}$ cups
Chili powder	2 tbsp + 2 tsp
Cumin, ground	2 tbsp + 2 tsp

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