

John Stalker Institute

000018 - Fiesta Corn & Black Bean Salad

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 50
 Size of Portion: 1/2 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

011291 ONIONS, SPRING OR SCALLIONS (INCL TOPS&BULB), R..... 2 CUP, chopped 011821 PEPPERS, SWEET, RED, RAW..... 2 CUP, chopped	2 CUP, chopped 2 CUP, chopped	1. Wash scallions and red bell pepper. Slice green and white portion of the scallions thinly, and chop the red bell pepper into a small dice.
050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 2 1/2 QT 902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI..... 2 1/2 QT	2 1/2 QT 2 1/2 QT	2. Drain corn and black beans.
009152 LEMON JUICE, RAW..... 1/2 CUP 004053 OIL, OLIVE, SALAD OR COOKING..... 3/4 CUP 002047 SALT, TABLE..... 2 TBSP 002030 PEPPER, BLACK..... 1 TBSP, ground 799902 CUMIN, GROUND..... 1 TBSP	1/2 CUP 3/4 CUP 2 TBSP 1 TBSP, ground 1 TBSP	3. Whisk together lemon juice (can sub lime juice), olive oil, salt, pepper, and cumin in a small bowl. Pour this dressing over the corn, bean, and vegetable salad. Serve cold. CCP: Hold for cold service at 41° F or lower.
		ALTERNATE VERSIONS: Can add either of the following to enhance flavor of the salad: A) 3/4 cup finely chopped sun-dried tomato B) 4 cups cherry tomatoes, sliced in half and roasted in a 250°F convection oven for 40 mins-1 hour, or until sweet and partially dried. You could also prepare wedges of whole tomatoes in the same manner.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	103 kcal	Cholesterol	0.00 mg	Protein	3.93 g	Calcium	23.84 mg	32.91%	Calories from Total Fat
Total Fat	3.77 g	Sodium	524.54 mg	Vitamin A	41.45 RE	Iron	1.40 mg	4.76%	Calories from Sat Fat
Saturated Fat	0.55 g	Carbohydrate	15.01 g	Vitamin A	257.39 IU	Water ¹	*11.37* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.25 g	Vitamin C	13.40 mg	Ash ¹	*0.81* g	58.23%	Calories from Carbohydrates
								15.25%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.