



FINLEY BEAN CORN SALAD

SERVINGS: 50 CALORIES: 177 KCAL

This Bean and Corn Salad is a refreshing mix of black eyed peas, pinto beans, corn, and peppers. This salad comes together in a snap and has a delicious dressing!

INGREDIENTS

2 pounds 2 ounces Black-eyed peas, canned, low sodium, drained
 4 pounds 4 ounces Pinto beans, canned, low sodium, drained
 2 pounds 4 ounces Corn Kernels (frozen)
 1 pound 11 ounces Red Peppers, sweet, raw, chopped
 1 pound 5 ounces Celery, raw, chopped
 14 ounces Onions, raw, chopped
 1 cup Olive oil
 2-1/2 cup Sugar, granulated
 1 quart 2 cups Cider vinegar

INSTRUCTIONS

1. Thaw corn overnight in refrigerator. Drain excess liquid.
2. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41° F or below.
3. Rinse and drain beans.
4. Combine beans, thawed corn, celery, peppers and onions; gently mix.
5. Add marinade to bean and corn mixture. Stir until ingredients are well coated.

RECIPE NOTES

CCP: Hold bean and corn salad for cold service at or below 41° F.

Crediting: One serving provides 1/2 cup vegetable.

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 177 kcal | Saturated fat: 0.71 g | Sodium: 32.01 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.