

# Tex Mex Corn

ADAPTED FROM CHEF JOHN MERCER  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Corn, tempered	9 lbs. 8 oz.		19 lbs.	
Red Bell Pepper, diced	1 lb.		2 lbs.	
Yellow onion, diced	12 oz.		1 ½ lbs.	
Oil, olive or vegetable		½ cup		1 cup
Lemon juice		2 ½ Tbsp.		1/3 cup
Salt		1 ½ tsp		1 Tbsp.
Cilantro, fresh, chopped		2 ½ Tbsp.		1/3 cup

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

*HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.*

## Preparation

1. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes.
2. Add corn, salt and pepper; sauté for another 1-2 minutes.
3. Add lemon juice; sauté for another 2-3 minutes.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.

*HACCP Critical Control Point: Hold at 135°F or above.*



## Serving Information

Portion corn with a 4 ounce spoodle or 1- #8 scoop to provide ½ cup starchy vegetable.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 146 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 21g (2.5g Fiber) Protein: 3g Sodium: 5mg