

Marinated Black Bean Salad

USDA

HACCP Process: #1 No Cook

Number of Portions: 50

Portion Size: 1/2 cup

One portion provides: 1/2 cup of vegetables OR

1/2 oz meat/meat alternate and 3/8 cup vegetables

| Ingredients | |
|------------------------------------|----------------------|
| Black beans, canned, drained | 2 qt + 1 cup (5 lbs) |
| Corn, frozen, whole-kernel, thawed | 3.5 lbs |
| Green pepper, raw, minced | 12 oz |
| Red pepper, raw, minced | 12 oz |
| Onions, raw, minced | 4 oz |
| Lemon juice | 1/2 cup |
| Parsley, dried | 2 tbsp |
| Cumin, ground | 1 tbsp |
| Garlic, granulated | 2 tsp |
| Salsa | 1 lb 12 oz |
| Vegetable oil | 1/4 cup |
| Simple spice mix—pg. 37 (optional) | 2 tbsp |

Instructions

1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.
2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each of 2 shallow pans (12" x 20" x 2 ½") to a product depth of 2" or less.
4. Refrigerate until service
5. Portion with No. 8 scoop

| Nutritional Information | | | | | |
|-------------------------|--------|-----------|--------|---------------|------------|
| Calories | 157 | Iron | 2 mg | Protein | 5.1 g 13% |
| Cholesterol | 0 mg | Calcium | 29 mg | Carbohydrates | 17 g 43% |
| Sodium | 246 mg | Vitamin A | 577 IU | Total Fat | 1.6 g 9% |
| Dietary Fiber | 4 g | Vitamin C | 24 mg | Saturated Fat | 0.3 g 2% |
| | | | | Trans Fat | N/A g N/A% |