

# BLACK BEAN CORN SALAD

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, black, canned, drained, rinsed		3 qt, plus 3 cups		7 qt, plus 2 cups	1. Combine the ingredients for the salad.  2. Mix dressing ingredients together in separate bowl. Combine the dressing and salad ingredients, tossing to coat evenly with the vinaigrette. The salad should marinate for a few hours to allow the flavors to develop.
Green peppers, chopped		2 1/2 cups		5 cups	
Red onion, chopped, macerated with salt		1 cup		2 cups	
Salt (to macerate onion)		1 tsp		2 tsp	
Corn, whole kernel, frozen, steamed and cooled		3 1/2 cups		7 cups	
Garlic, minced		1 Tbsp, plus 1 tsp		2 Tbsp, plus 2 tsp	
Red pepper, sweet, chopped		2 1/2 cups		5 cups	
Dressing for Black Bean Salad: Oil, salad or olive		1 cup		2 cups	
Vinegar, cider	6 oz		12 oz		
Salt, table or sea		1 Tbsp		2 Tbsp	
Black pepper		1 1/2 tsp		3 tsp	



Serving	Yield	Volume
1/2 cup	50 Servings	25 cups
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate.	100 Servings	50 cups

Nutrients Per Serving							
Calories	126 kcal	Saturated Fat	0.668 g	Iron	1.38 mg	% of calories from fat	33.20%
Protein	4.73 g	Cholesterol	0 g	Calcium	39 mg	% of calories from saturated fat	4.65%
Carbohydrate	16.91 g	Vitamin A	28 mcg	Sodium	190 mg	% of calories from sugar	3.77%
Total Fat	4.75 g	Vitamin C	16.67 mg	Dietary Fiber	6.04 g		

Notes: HACCP:1)PHF-No Cook

Recipe adapted from Saint Paul Public Schools' (SPPS) "healthy hits" recipe selections. With a variety of local, meatless, ethnically diverse, and scratch-made items created at the central kitchen, SPPS is constantly working to create nutritious and delicious options for more than 39,000 students. Between district-wide free breakfasts featuring whole-grain items made in the district's bakery and all-you-care-to-eat fresh veggie and salad bars in each of the schools' lunch lines, SPPS students are sure to receive healthful school meals to support success in the classroom.



Recipe from Saint Paul Public Schools: Winner of PCRM's 2012 Golden Carrot Award