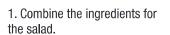
BLACK BEAN CORN SALAD

Meat/Meat Alternate-Main Dishes

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Beans, black, canned, drained, rinsed		3 qt, plus 3 cups		7 qt, plus 2 cups
Green peppers, chopped		2 1/2 cups		5 cups
Red onion, chopped, macerated with sallt		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



Directions

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.



sugar

Serving				Yield		Volume	
1/2 cup			50 Servings		25 cups		
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate.			100 Servings	s 50 cups			
Nutrients Per S	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	3.77%

Dietary Fiber

6.04 g

Notes: HACCP:1)PHF-No Cook

4.75 g

Vitamin C

Total Fat

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.

16.67 mg

