

# Black Bean & Corn Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Easy

Ingredients	Weight	Measure	Weight	Measure
Black beans, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Corn, room temperature	4 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 4 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Tomatoes, fresh, diced	5 lbs. 12 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	11 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Red Onion, diced	1 lb. 6 oz.		2 lbs. 12 oz.	
Jalapeno, fresh, seeded, diced (optional)		2 Each		4 Each
Lime Juice		$\frac{1}{2}$ cup		1 cup
Cilantro, fresh, chopped		$\frac{1}{2}$ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper		1 Tbsp.		2 Tbsp.
Granulated Garlic		1 Tbsp.		2 Tbsp.

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

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

## Preparation

1. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

## Serving Information

Use 6 ounce spoodle or  $\frac{3}{4}$  cup serving to provide 1 meat alternate,  $\frac{1}{4}$  cup starchy vegetable and  $\frac{1}{4}$  cup red/orange vegetable.

\*Salsa can be cupped up individually and offered in cold well.

Use a 3 ounce spoodle or  $\frac{3}{8}$  cup serving to provide  $\frac{1}{2}$  meat alternate and  $\frac{1}{4}$  cup vegetable component.

## Nutrition Information per $\frac{3}{4}$ cup serving \*From USDA Nutrient Database

Calories: 106 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 22g Fiber: 6g Total Sugar: 4g Protein: 6g Sodium: 183mg Vitamin A: 42µg  
Vitamin C: 17mg Calcium: 32mg Iron: 1.6mg Folate: 35µg

