

Picante Corn Salsa

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Yield

50 Servings

100 Servings

Skill Level: Easy

Ingredients	Weight	Measure	Weight	Measure
Corn, tempered	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 4 ounce spoodle to provide $\frac{1}{4}$ cup starchy vegetable and $\frac{1}{4}$ cup red/orange vegetable.

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

Use a 2 ounce spoodle to provide $\frac{1}{4}$ cup vegetable component.

Nutrition Information per $\frac{1}{2}$ cup serving *From USDA Nutrient Database

Calories: 51 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 4g Protein: 2g Sodium: 83mg Vitamin A: 42 μ g

Vitamin C: 15mg Calcium: 11mg Iron: 0mg Folate: 28 μ g

