

Tex Mex Corn

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Corn, tempered (thawed)	9 lbs. 8 oz.		19 lbs.	
Red Bell Pepper, diced	1 lb.		2 lbs.	
Yellow onion, diced	12 oz.		1 ½ lbs.	
Oil, olive or vegetable		½ cup		1 cup
Lemon juice		2 ½ Tbsp.		½ cup
Salt		1 ½ tsp.		1 Tbsp.
Cilantro, fresh, chopped		2 ½ Tbsp.		½ cup

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

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

Preparation

1. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes.

*Alternative cooking method: Combine oil, red peppers, onions, corn, salt, pepper and lemon juice in the steamer. Steam for 5-7 minutes until heated. Skip to step 4.

2. Add corn, salt and pepper; sauté for another 1-2 minutes.

3. Add lemon juice; sauté for another 2-3 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.

HACCP Critical Control Point: Hold at 135°F or above.

Serving Information

Portion corn with a 4 ounce spoodle or 1-#8 scoop to provide ½ cup starchy vegetable.

OR

Portion corn with a 2 ounce spoodle to provide ¼ cup vegetable serving.

Nutrition Information per ½ cup serving *From USDA Nutrient Database

Calories: 49 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 8g Fiber: 1g Total Sugar: 2g Protein: 1g Sodium: 32mg Vitamin A: 17µg

Vitamin C: 12mg Calcium: 4mg Iron: 0mg Folate: 13µg



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