

Black Bean and Corn Salad

GENERAL INFORMATION

Recipe # 1021339	Category Other Vegetables 	Source Local
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INGREDIENTS

Name	Quantity	+	Quantity 2
Beans, black, mature seeds, canned, low sodium	15 oz.		
Corn, Whole Kernel, No Salt Added, Frozen, 2.5 lb, commodity, 111053	8 oz.		
Tomatoes, Diced, No Salt Added, Canned, 6/#10, USDA, 100329	15 oz.		
Onions, red, raw	¼ c. chopped		
Peppers, sweet, red, raw	1 c. chopped		
Spices, garlic powder	1 tbsp.		
Lime juice, canned or bottled, unsweetened	¼ c.		
Coriander (cilantro) leaves, raw	1 c.		
Oil, Canola & Extra Virgin Olive, 6/1 Gal, Villa Frizzoni 60033VF (Reinhart) <small>INACTIVE</small>	1 tbsp.		
Cumin, seed spice, 1/15oz jar, Trade East, #273945	1 ½ tsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from dry storage room using oldest pack date first.

Clean top of can before opening. Ensure that can has no dents or defects. Using, clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.

Directions:

1. Open can of black beans. Drain and rinse thoroughly. Open can of corn drain. Open can of tomatoes. Measure and mix desired amount together in large bowl.
2. Chop red pepper, green onion scallions, and red onion. Add to bowl of other vegetables.
3. Add in granulated garlic, lime juice, and cilantro. Mix all ingredients together. Drizzle in oil. Lightly toss again.

CCP: Cold potentially hazardous foods to be held at 41F or colder.

CCP: Record time and internal temperature of completed recipe on daily log.

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated 03-21-2023	Created 12-21-2020
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Serving Size	Yield
0.25 cup	25

Nutrition Facts

Serving Size 0.25 cup (55 gm)	
Amount Per Serving	
Calories	35.011
% Daily Value*	
Total Fat 0.750 gm	1.154 %
Saturated Fat 0.099 gm	0.493 %
Trans Fat 0.000 gm	
Cholesterol 0.000 mg	
Sodium 27.423 mg	1.143 %
Total Carbohydrate 6.197 gm	2.066 %
Dietary Fiber 1.738 gm	6.953 %
Total Sugars 1.126 gm	
Includes N/A* of Added Sugars	
Protein 1.536 gm	3.071 %
Vitamin A 230.901* ^{iu}	4.618 %
Vitamin C 8.523* ^{mg}	14.206 %
Vitamin D 0.000* ^{mcg}	
Calcium 7.769* ^{mg}	0.777 %
Iron 0.477* ^{mg}	2.653 %
Potassium 77.110* ^{mg}	1.641 %
Saturated Fat % of Calories	2.536 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Other Vegetables	0.250 cups

Allergens