

Black Bean, Tomato and Corn Salsa

Component: Vegetable

Recipe Category: side dish

Recipe #

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Black beans, canned, no added salt	8 lb 2 oz	3 qt 2 1/3 cups			<p>1. Drain and rinse beans. Drain tomatoes. Mix beans, corn, and diced tomatoes.</p> <p>2. Finely chop cilantro and scallions/green Onions (optional). Add to bean mixture from Step 1.</p> <p>3. Dressing: Whisk oil, garlic, vinegar, cumin, pepper and lime juice together. Pour over salad and chill to marinate until service.</p> <p>CCP: Cool to 41° F or lower within 4 hours.</p> <p>CCP: Hold at 41°F or below for cold service</p>
Tomatoes, red, ripe, chopped		3 1/8 cups			
Corn, frozen, cooked and drained		3 qt 2 5/8 cups			
Onions, spring or scallions (incl. tops and bulb) raw, (Optional)	9 1/4 oz	2 1/8 cups			
Cilantro, raw, chopped		3 1/8 cup			
Vegetable Oil		2 cups 2 Tbsp			
Garlic, granulated (adjust as necessary)		1/4 cup			
Vinegar, cider		3 1/8 cup			
Cumin, ground		2½ Tbsp			
Pepper, black		1 tsp			
Lime Juice		1 cup			

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Notes:

1) Nutrients calculated using Food Processor.

Serving: $\frac{3}{4}$ cup ($\frac{1}{4}$ cup legumes, $\frac{1}{4}$ cup starchy, $\frac{1}{4}$ cup other)

1-2 years: $\frac{1}{2}$ cup

3-5 years: $\frac{1}{2}$ cup

6-18 years: $\frac{3}{4}$ cup

Nutrients Per Serving

Calories	204	Saturated Fat	0.82 g	Iron	1.88 mg
Protein	6.04 g	Cholesterol	0 mg	Calcium	34.88 mg
Carbohydrate	24.16 g	Vitamin A	16.10 RAE mcg	Sodium	100.33 mg
Total Fat	10.18 g	Vitamin C	8.25 mg	Dietary Fiber (2016)	6.56g