

# Department of Education

**Recipe: 000475 BLACK BEAN AND CORN SALSA**

Recipe Source: TEAM NUTRITION  
 Recipe Group: VEGETABLES

**Recipe HACCP Process: #1 No Cook**

Alternate Recipe Name:  
 Number of Portions: 50  
 Size of Portion: 1/2 CUP

990309 BEANS,BLACK,CND,DRND..... 011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP..... 011333 PEPPERS, SWEET,GREEN,RAW..... 011821 PEPPERS, SWEET,RED,RAW..... 011282 ONIONS,RAW.....	5 LB 3 1/2 LB 12 OZ 12 OZ 4 OZ	1. Combine black beans, corn (canned or frozen), peppers (minced), and onions (minced) in a large bowl.
009153 LEMON JUC,CND OR BTLD..... 002029 PARSLEY,DRIED..... 000043 CUMIN..... 002020 GARLIC POWDER..... 000171 SALSA, MRS CLARK'S..... 004518 OIL,VEG,CORN,INDUSTRIAL & RTL,ALLPURP SALAD O...	1/2 CUP 2 TBSP 1 TBSP 2 TSP 3 1/4 CUP 1/4 CUP	2. For dressing, combine lemon juice, parsley, cumin, garlic powder, salsa, and oil.  3. Pour dressing over salad and toss.  <b>4. Chill at least 2 hours prior to serving.</b>  5. Serve at 41°F or below. <b>CCP:</b> Refrigerate until served.
Note: This product may be made one day prior to serving.		

Calories	161	Iron	1.63 mg	Protein	4.82 g	11.98%	Calories from Prot
Cholesterol	0 mg	Calcium	26.00 mg	Carbohydrates	17.49 g	43.47%	Calories from Carb
Sodium	386 mg	Vitamin A	517.8 IU	Total Fat	1.59 g	8.87%	Calories from T Fat
Dietary Fiber	4.22 g	Vitamin A	111.7 RE	Saturated Fat	0.24 g	1.35%	Calories from S Fat
		Vitamin C	24.43 mg	Trans. Fat	0.00* g	0.02%	Calories from Trans. Fat

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.		Y - Soy	N - Milk	
Grain/Bread.....	srv.			N - Egg	
F/V/J.....	0.5 cup			N - Peanut	
Milk.....	fl. oz.			N - Tree Nut	
<b>Moisture &amp; Fat Change</b>				N - Fish	
Moisture Change.	0%			N - Shellfish	
Fat Change.....	0%			N - Wheat	

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Type of Fat.....			
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**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	990309	BEANS, BLACK, CND, DRND			
I	011178	CORN, SWT, YEL, FRZ, KRNL, CUT OFF COB, U			
I	011333	PEPPERS, SWEET, GREEN, RAW			
I	011821	PEPPERS, SWEET, RED, RAW			
I	011282	ONIONS, RAW			
I	009153	LEMON JUC, CND OR BTLD			
I	002029	PARSLEY, DRIED			
I	000043	CUMIN			
I	002020	GARLIC POWDER			
I	000171	SALSA, MRS CLARK'S			
I	004518	OIL, VEG, CORN, INDUSTRIAL & RTL, ALLPURP			

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