

Fiesta in a Cup

Adapted from Atlantic CSD - Iowa

Vegetable

HACCP Process Category 1

Ingredients	100 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Refried Beans, low sodium		4 - #10 Cans			<ol style="list-style-type: none"> 1. Use a 12 oz. clear cup to layer. 2. Mix taco seasoning into refried beans. 3. Use a #8 scoop, place ½ cup refried beans at the bottom of the cup. 4. Using a #30 scoop, place 2 T. diced tomatoes on top of the refried bean layer. 5. Using a #30 scoop, spread 2 T. sour cream on top of tomato layer. 6. Using a #8 scoop, place ½ cup of Hawkeye Salad on top of sour cream layer. 7. Sprinkle 1 T. shredded cheddar cheese as a garnish on top. 8. Cover and refrigerate until ready to serve. <p style="color: red; margin-top: 10px;">CCP: Hold salad for cold service at 41°F or below</p>
Taco Seasoning, low-sodium		2 cups			
Canned, diced tomatoes, in juice, low sodium		16 cups			
Sour cream, fat free		12 ½ cups			
Hawkeye Salad (recipe below)		50 cups			
Cheddar cheese, Shredded, reduced fat and sodium		6 ¼ cups			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 ² / ₃ cup	5/8 cup legumes (or 2 oz equivalent meat/meat alternate), 1/8 cup red/orange, and 1/4 cup other vegetable.	

Nutrients Per Serving

Calories	228	Sodium	506 mg	Vitamin A	108 IU
Total Fat	3 g	Carbohydrates	38 g	Vitamin C	636 mg
Saturated Fat	1 g	Dietary Fiber	10 g	Calcium	16 mg
Trans Fat	0 g	Protein	13 g	Iron	3 mg
Cholesterol	17 mg	Calories from Total Fat	12 %	Calories from Saturated Fat	6 %

Hawkeye Salad

Vegetable

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Ohio Department of Education
(Menus that Move – Cowboy Corn Salad)

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, whole kernel, frozen*		2 qt 3 cup			9. Thaw frozen corn in refrigerator overnight. Drain liquid. 10. Wash and chop onions, tomatoes, and peppers. 11. Drain and rinse black beans thoroughly. 12. Mix together thawed corn, beans, and chopped fresh ingredients. 13. Add dressing, cilantro and seasonings to vegetables and gently toss. CCP: Hold salad for cold service at 41°F or below. 14. Cover and refrigerate until ready to serve. 15. Portion with No. 8 scoop (1/2 cup).
Red onion, chopped		3 ² / ₃ cups			
Cherry tomatoes		3 ² / ₃ cups			
Green peppers, chopped		1 ³ / ₄ cup			
Black beans, low sodium*		1 gal ³ / ₄ cup			
Italian dressing, reduced-fat, low sodium		1 ³ / ₄ cup ¹ / ₂ Tbsp			
Cilantro, fresh		³ / ₄ cup 2 Tbsp			
Chili powder		3 Tbsp 1 ⁵ / ₈ tsp			
Cumin, ground		3 Tbsp 1 ⁵ / ₈ tsp			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1/8 cup legumes (or 0.5 oz equivalent meat/meat alternate), ¼ cup other vegetable.	

Nutrients Per Serving

Calories	60	Sodium	54 mg	Vitamin A	190 IU
Total Fat	<1 g	Carbohydrates	11 g	Vitamin C	5 mg
Saturated Fat	0 g	Dietary Fiber	3 g	Calcium	18 mg
Trans Fat	0 g	Protein	3 g	Iron	1 mg
Cholesterol	<1 mg	Calories from Total Fat	9 %	Calories from Saturated Fat	1 %