

# BLACK BEAN SALAD (CANNED)

## MEAL COMPONENT CONTRIBUTION:

½ cup of bean/pea/legume vegetable, ¼ cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 2/3 cup

**RECIPE HACCP PROCESS:** #1 - No cook



VEGETABLES (BEANS/PEAS) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Black, Turtle, Dry, #10 Can, Low Sodium, #2800	4 #10 cans + 2 quarts
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	2 #10 cans
Peppers, Green, Diced, Frozen, #1613	1 quart + 1 cup
Pimentos, Diced, Canned, #2817	1 quart + 1 cup
Onions, Frozen, Diced, #1610	1 1/3 cups
Lemon Juice, Canned/Bottled, #2247	1 cup
Parsley, Dried, Chopped, #2717	1/4 cup
Cumin Seed, Ground, #2706	2 teaspoons
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Salsa, Bulk, #2823	1 quart + 3 cups
Oil, Vegetable, #2507	1/2 cup
Cheese, Mozzarella, Shredded, #1307	2 pounds

## DIRECTIONS

1. Defrost the peppers and onions in the refrigerator overnight.
2. Drain and rinse the black beans.
3. Drain the corn, peppers, and onions.
4. Combine the black beans, corn, green peppers, pimentos, and onions in a large bowl.
5. For the dressing, combine the lemon juice, parsley, cumin, garlic powder, salsa, and oil. Pour the dressing over the salad and toss lightly to combine.
6. Place the salad in serving line pans and cover them. Chill the salad for 2 hours before serving.

CCP: Cover and refrigerate at 41 degrees F or lower, until ready for service.

7. Before service, evenly distribute the mozzarella cheese on top of the serving line pans.
8. Portion with #6 scoop or 6 ounce spoodle per serving. Each portion provides ½ cup of bean/pea/legume vegetable, ¼ cup other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

## PRODUCTION NOTES

Use USDA Foods foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for vegetables.

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## NUTRIENTS PER SERVING

Calories	208	Dietary Fiber	12.00 g	Sodium	267.00 mg	Sat. Fat	1.00 g
Carbohydrates	34.40 g	Protein	12.32 g	Total Fat	3.33 g	Trans Fat	0.00 g

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## ILLUSTRATED STEPS FOR PREPARATION OF BLACK BEAN SALAD (CANNED)

1.



Black beans, corn, green peppers, onions and red peppers combined in a large bowl

2.



Pouring dressing over salad

3.



Shredded mozzarella cheese sprinkled over chilled salad

4.



1 serving of Black Bean Salad. This salad is a colorful accompaniment for tacos.