

MEXICALI CORN

VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	5 #10 can(s) + 3 1/4 cup(s)
Peppers, Green, Diced, Frozen, #1613	1 pound(s) + 5 ounce(s)
Onions, Frozen, Diced, #1610	3 cup(s)
Pimentos, Diced, Canned, #2817	1 1/3 cup(s)
Margarine, Bulk, #1319	6 ounce(s)
Chili Powder, #2703	1 tablespoon(s) + 1 teaspoon(s)
Cumin Seed, Ground, #2706	1 tablespoon(s)
Paprika, Ground, Domestic, #2716	2 teaspoon(s)
Onion Powder, #2714	2 teaspoon(s)

DIRECTIONS

1. Cooking methods for canned corn:

To steam:

- Drain and discard approximately 2 cups of the liquid from each can.
- Place corn, green pepper, and onions in steamtable pan (12' x 20" x 2 ½").
- Stir to combine.
- Steam for 2 minutes.
- Pour into serving pans.

To heat:

- Drain and discard half the liquid from each can. Place corn with remaining liquid, green pepper, and onions in stock pot or steam-jacketed kettle.
- Stir to combine.
- Heat, uncovered, for 5 to 10 minutes. Drain.
- Pour into serving pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Add pimentos, margarine, and seasonings. Stir lightly to combine.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of starchy vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) 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: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

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MISCELLANEOUS NOTES

1 cup of dehydrated onions may be substituted for 3 cups of fresh, chopped onions.

NUTRIENTS PER SERVING

Calories	145	Dietary Fiber	3.29 g	Sodium	189.58 mg	Sat. Fat	0.88 g
Carbohydrates	30.67 g	Protein	4.35 g	Total Fat	2.87 g	Trans Fat	0.00 g