

# BLACK BEAN SALAD (CANNED)-USDA FOODS

## 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, #A237-USDA Foods	1 quart + 3 cups
Oil, Vegetable, #2507	1/2 cup
Cheese, Mozzarella, Shredded, #1307	2 pounds

## DIRECTIONS

- Defrost the peppers and onions in the refrigerator overnight. Drain them thoroughly before preparing the recipe.
- Drain and rinse the black beans.
- Drain the canned corn.
- Combine the black beans, corn, green peppers, pimentos, and onions in a large bowl.
- 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.
- 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.

- Before service, evenly distribute the mozzarella cheese on top of the serving line pans.
- 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 when available.

## SERVING NOTES

Chill the salad for 2 hours before serving.

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**PURCHASING GUIDE**

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

**MISCELLANEOUS NOTES**

- If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.
- If menued as a vegetable, ½ cup beans provides a ½ cup of peas/beans vegetables. If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate. Black beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the daily requirements.

**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)-USDA FOODS

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.