

ISD #347

500118 - MARINATED BLACK BEAN SALAD : USDA E-21	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions												
016153 BEANS,BLACK,CND,DRND..... 011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPRE.... 011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 011282 ONIONS,RAW.....	1 1/3 #10 Can 3 lbs + 8 ozs 12 ozs 12 ozs 4 ozs	1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.												
009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH..... 002029 PARSLEY,DRIED..... 090016 CUMIN,GROUND..... 090017 GARLIC,GRANULATED..... 006164 SAUCE,RTS,SALSA..... 004318 OIL,VEG,TYPE B-COMMOD.....	1/2 cup 2 Tbsp 1 Tbsp 2 tsp 1 lb + 12 ozs 1/4 cup	2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil. 3. Pour dressing over salad and toss lightly to combine. Spread 5lb 15 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Refrigerate until service. 5. Portion with No. 8 scoop (1/2 cup). 6. Sprinkle Monterey Jack cheese (optional) on top before serving.												
		Food as Purchased												
		<table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Green peppers</td> <td style="text-align: center;">15 oz</td> <td style="text-align: center;">1 lb 14 oz</td> </tr> <tr> <td>Red peppers</td> <td style="text-align: center;">15 oz</td> <td style="text-align: center;">1 lb 14 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">5 oz</td> <td style="text-align: center;">10 oz</td> </tr> </tbody> </table>		50 Servings	100 Servings	Green peppers	15 oz	1 lb 14 oz	Red peppers	15 oz	1 lb 14 oz	Mature onions	5 oz	10 oz
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		Special Tips												
		1) This salad is a colorful accompaniment for Tacos (D-13). 2) Black beans can be rinsed to brighten their color.												
		Serving												
		1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable OR 1/2 cup (No. 8 scoop) provides 1/2 oz equivalent meat/meat alternate and 1/2 cup vegetable.												

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Recipe Sizing Report

Calories.....	157	Iron.....	1.70 mg	Protein.....	5.06 g	Protein.....	12.90%
Cholesterol..	0 mg	Calcium....	29.00 mg	Carbohydrates	16.72 g	Carbohydrates.	42.61%
Sodium.....	246 mg	Vitamin A..	577 IU	Total Fat....	1.64 g	Total Fat.....	9.39%
Dietary Fiber	3.49 g	Vitamin C..	23.7 mg	Saturated Fat	0.26 g	Saturated Fat.	1.49%
				Trans Fat....	0.00* g	Trans Fat.....	0.00%

* - Denotes Missing Nutrient Values