

Black Bean, Corn and Tomato Fiesta Salad

Sartell-St. Stephen Public Schools

HACCP Process: #1 No Cook

Number of Portions: 110

Portion Size: 1/2 cup

One portion provides:

1/2 oz Meat/Meat Alternate + 1/8 cup Red/Or and 1/4 cup Starchy

veg OR 1/8 cup Legumes and 1/8 cup Red/Or and 1/4 cup Starchy veg

Ingredients	
Black beans, canned	2 No. 10 cans
Corn, sweet, yellow, frozen, kernels cut off cob, thawed	12 lbs
Tomatoes, diced	6 lbs 8 oz
Onions, spring or scallions (including tops and bulb), chopped	2 cups
Cilantro	3 cups
Olive oil	3 cups
Lime juice	3 cups
Cumin, ground	1/2 cup
Salt, table	1 1/2 tbsp
Pepper, black	1/4 cup
Jalapeno peppers, raw, diced	8 peppers

Instructions

1. Drain thawed corn. [Can use two no. 10 cans drained, whole kernel corn may be substituted.] Drain black beans in a colander. In a large plastic tub, add drained corn, black beans, diced tomatoes and chopped green onion.
2. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, cumin, salt, black pepper, and diced jalapenos. Blend well.
3. Pour dressing over the bean, corn, tomato and onion mixture. Blend well, cover and refrigerate overnight. Stir well before serving.

CCP: Hold for cold service at 41° F or lower.