



**RECIPE NAME:** Southwest Salsa

**File No:**

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: ½ cup	
Serving Utensil: #8 scoop	
Servings per Pan:	

Recipe Adapted From:

Marshall School District



Ingredients	Weight	Measure	Procedure
Black Beans, Canned, Low Sodium Pinto Beans, Canned, Low Sodium Corn, Whole Kernel, Frozen Scallions (Green onions), Tops & Bulbs, Chopped Diced Tomatoes, Canned, Drained Garlic Powder Lemon Juice, Canned, From Concentrate Vegetable Oil Cilantro, Minced		5 cups 5 cups 5 cups 2 cups 5 cups ¼ cup 1 ¼ cups 1 ¼ cups ⅔ cup	<ol style="list-style-type: none"> <li>1. Drain and rinse beans. Defrost corn under warm water.</li> <li>2. Chop cilantro and green onions.</li> <li>3. Combine all beans, corn, green onions, and tomatoes in a 4" pan. Blend well.</li> <li>4. In a separate bowl, combine lemon juice, garlic powder, and oil.</li> <li>5. Pour dressing over beans, corn, green onion, and tomato mixture.</li> <li>6. Add cilantro and mix well.</li> </ol> <p>CCP: Hold for cold service at 41°F or lower            ** Could be made a day ahead to allow flavors to blend**</p> <p>Crediting: ⅛ c. B/P, ¼ c. additional vegetable*</p>
Total Yield:		Number of Pans:	
Weight:	Measure (volume):	Pan Size:	

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above):  DG=Dark Green B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/MeatAlternate						
Vegetable Subgroups <u>total: ⅜ cup*</u>	DG	B/P	R/O	S	O	
		⅛ c.				
Fruits						
Grains						
Calories:	113					
Saturated Fat (g):	0.92 g					
Sodium (mg):	123.0 mg					