

Black Bean Salad Recipe for SFSP

Prep Time: 25 minutes

Serving Size: 1 cup

Yield: 50 servings

Ingredients	50 servings		Instructions	
	Weight	Measure		
Black beans, canned, low-sodium, drained, rinsed	138 oz	18 ½ cup	1. Combine black beans, sweet corn, red onion, cherry tomatoes, and green peppers in a large bowl. Stir well. Set aside for Step 3.	
Sweet corn, husked and cooked	13 lbs	24 ¾ cup		
Red onion, raw and diced	2.1 lbs	4 cup		
Cherry Tomatoes, fresh and halved	4.8 lbs	9 ¼ cup		
Green pepper, raw and diced	2.4 lbs	4 2/3 cup		
Lime juice		½ cup	2. Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for Step 3.	
Parsley, dried		2 tbsp		
Cumin, ground		1 tbsp		
Garlic cloves, fresh	2 oz	¼ cup		
Ancho chili powder		2 tbsp		
Cilantro, fresh and minced	3 oz	1 ¼ cup		
Olive oil		¼ cup		
Honey		1 cup		
Apple cider vinegar		½ cup		
				3. Pour 1 ½ cups (about 14 oz) dressing over vegetables. Stir well.
				5. Critical control point: Cool to 40 deg F or lower within 4 hours.

			6. Critical control point: Hold at 40 deg F or below.
			7. Portion with 1 cup (8 oz) measuring cup.

SFSP Crediting Information: 1 cup portion provides:

Legume as Meat Alternate: $\frac{3}{4}$ cup total vegetable ($\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{4}$ cup starchy vegetable, $\frac{1}{8}$ cup additional vegetable, and $\frac{1}{8}$ cup other vegetable), 2.00 oz meat/meat alternate.