

Cuban Black Bean Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned drained	10 lb	1 gal 2 cup (2 2/3 No.10 cans)			<ol style="list-style-type: none"> Combine black beans, corn, green peppers, red peppers, and onions in a large bowl. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil. Pour dressing over salad and toss lightly to combine. Spread 5 lb 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 100 servings, use 4 pans.
Corn, frozen, whole- kernel, thawed	7 lb	2 qt 3 1/3 cup			
<i>Or</i> Corn, canned, low sodium, whole kernel liquid packed, drained	<i>Or</i> 8 lb 4 oz	<i>Or</i> 2 qt 3 3/4 cup (2 No.10 cans)			
Fresh green peppers, minced	1 lb 8 oz	1 qt 3/4 cup			
Fresh red peppers, minced	1 lb 8 oz	1 qt 2 cups			
Fresh onions, minced	8 oz	1 1/3 cup			
<i>Dressing:</i> Lemon juice		1 cup			
Dried parsley		1/4 cup			
Ground cumin		2 Tbsp			
Granulated garlic		1 Tbsp 1 tsp			
Salsa, canned	3 lb 8 oz	1 qt 2 3/4 cups			
Vegetable oil		1/2 cup			

Monterey Jack cheese, reduced fat shredded (optional)	2 lb	1 qt		<p>4. Refrigerate until service. 5. Portion with No. 8 scoop (1/2 cup).</p> <p style="color: red;">CCP: Hold at or below 41°F before and during service.</p> <p>6. Sprinkle Monterey Jack cheese (optional) on top before serving.</p> <p>Notes:</p> <ul style="list-style-type: none"> • Green peppers - 1 lb 14 oz food AP • Red peppers - 1 lb 14 oz food AP • Mature onions - 10 oz food AP • Tip – black beans can be rinsed to brighten their color.
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Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ c of vegetables or ½ oz equivalent meat/meat alternate and ¼ c of vegetable.	About 3 gallons 2 cups; 4 pans

Nutrients Per Serving (without optional cheese)

Calories	157	Vitamin A	360 IU	Iron	1.31 mg
Protein	5 g	Vitamin C	18.5 mg	Calcium	31 mg
Carbohydrate	17 g	Fiber	3.5 g	Cholesterol	0 mg
Fat	1.6 g	% Fat	9 %	Sodium	265 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Nutrients Per Serving (with optional cheese)

Calories	185	Vitamin A	410.7 IU	Iron	1.37 mg
Protein	8 g	Vitamin C	18.51 mg	Calcium	95.23 mg
Carbohydrate	17 g	Dietary Fiber	3.45 g	Cholesterol	5.90 mg
Fat	3.6 g	% Fat	17.5 %	Sodium	315 mg
Saturated Fat	1.5 g	% Saturated Fat	7 %		