

Cowboy Salad



1 Serving Provides:

CACFP: $\frac{3}{8}$ cup Vegetables

NSLP: $\frac{1}{4}$ cup Beans/Peas, $\frac{1}{8}$ cup Additional Vegetables

SFSP: $\frac{3}{8}$ cup Vegetables

HACCP Process #1 No Cook Preparation

Ingredients	64 Servings		128 Servings	
	Weight	Measure	Weight	Measure
Black beans, drained and rinsed	5 pounds	3 quarts + 2 cups	10 pounds	1 gallon + 3 quarts
Fresh tomatoes, sliced	3 pounds	2 quarts	6 pounds	1 gallon
Sweet corn kernels	2 pounds 8 ounces	1 quart + 3 cups	5 pounds	3 quarts + 2 cups
Avocado, chopped (optional)	1 pound 4 ounces		2 pounds 8 ounces	
Cilantro, chopped		1 quart		2 quarts
Green onions, sliced	8 ounces	3 cups	1 pound	1 quart + 2 cups
Lime juice		$\frac{1}{2}$ cup		1 cup
Vegetable oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon
Black pepper		2 teaspoons		1 Tablespoon + 1 teaspoon



Directions

1. In a large mixing bowl combine the black beans, tomatoes, corn, optional avocado, cilantro, and green onions.
2. In a small mixing bowl whisk together the lime juice, vegetable oil, salt, and black pepper. Pour the dressing over the vegetables and stir gently.

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

Serve $\frac{1}{2}$ cup portions using a #8 scoop.

Serving	Yield	Volume
$\frac{1}{2}$ cup	64 servings, about 12 pounds 128 servings, about 24 pounds	64 servings, about 2 gallons 128 servings, about 4 gallons

Nutrients Per Serving			
Calories	176	Sodium	218 mg
Total Fat	3.3 g	Carbohydrate	21 g
Saturated Fat	0.5 g	Dietary Fiber	4 g
Cholesterol	0 mg	Protein	5 g
		Vitamin A	266 IU
		Vitamin C	6 mg
		Iron	1 mg
		Calcium	54 mg

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