

# 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<br>128 servings, about 24 pounds | 64 servings, about 2 gallons<br>128 servings, about 4 gallons |

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