Farmers Market Salsa

HACCP Process # No Cook Preparation



1 Serving Provides:

CACFP: ¼ cup Vegetables NSLP: ¼ cup Additional Vegetables SFSP: ¼ cup Vegetables

	15 Servings		30 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Black beans, drained and rinsed	9.4 ounces	1¾ cups	1 pound 2.8 ounces	3½ cups		
Fresh tomatoes, diced	6 ounces	1 cup	12 ounces	2 cups		
Corn kernels, frozen, thawed	2.4 ounces	½ cup	4.8 ounces	1 cup		
Green bell pepper, diced	2.4 ounces	½ cup	4.8 ounces	1 cup		
White onion, diced	2 ounces	½ cup	4 ounces	1 cup		
Salsa		½ cup		1 cup		
Lime juice		2 Tablespoons		¼ cup		
Garlic powder		½ teaspoon		1 teaspoon		



Directions

1. Combine all ingredients in a large bowl. Chill until service.

CCP: Hold for cold service at 41°F or below. Serve ¼ cup portions using a #16 scoop.

Serving	Yield	Volume	Nutrients Per Serving					
¼ cup	15 servings, about 1 pound 6 ounces 30 servings, about 2 pounds 12 ounces	15 servings, about 3 ¾ cups 30 servings, about 7½ cups	Calories Total Fat Saturated Fat	36 0g 0g	Sodium Carbohydrate Dietary Fiber	140 mg 7 g 2 g	Vitamin A Vitamin C Iron	160 IU 1 mg 1 mg
			Cholesterol	0 mg	Protein	1 g	Calcium	11 mg

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