

Farmers Market Salsa

HACCP Process # No Cook Preparation



1 Serving Provides:

CACFP: ¼ cup Vegetables

NSLP: ¼ cup Additional Vegetables

SFSP: ¼ cup Vegetables

Ingredients	15 Servings		30 Servings	
	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
¼ cup	15 servings, about 1 pound 6 ounces	15 servings, about 3¾ cups
	30 servings, about 2 pounds 12 ounces	30 servings, about 7½ cups

Nutrients Per Serving					
Calories	36	Sodium	140 mg	Vitamin A	160 IU
Total Fat	0 g	Carbohydrate	7 g	Vitamin C	1 mg
Saturated Fat	0 g	Dietary Fiber	2 g	Iron	1 mg
Cholesterol	0 mg	Protein	1 g	Calcium	11 mg