

# 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	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Black beans, drained and rinsed	1 pound 4 ounces	3½ cups	2 pounds 8 ounces	7 cups
Fresh tomatoes, sliced	12 ounces	2 cups	1 pound 8 ounces	1 quart
Sweet corn kernels	10 ounces	1¾ cups	1 pound 4 ounces	3½ cups
Avocado, chopped (optional)	5 ounces		10 ounces	
Cilantro, chopped		1 cup		2 cups
Green onions, sliced	2 ounces	$\frac{3}{4}$ cup	4 ounces	1½ cups
Lime juice		2 Tablespoons		$\frac{1}{4}$ cup
Vegetable oil		1 Tablespoon		2 Tablespoons
Salt		$\frac{1}{2}$ teaspoon		1 teaspoon
Black pepper		$\frac{1}{2}$ teaspoon		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	16 servings, about 3 pounds 32 servings, about 6 pounds	16 servings, about 2 quarts 32 servings, about 1 gallon

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