Cowboy Salad





1 Serving Provides:

CACFP: 3/8 cup Vegetables

NSLP: 1/4 cup Beans/Peas, 1/8 cup Additional Vegetables

SFSP: 3/8 cup Vegetables

HACCP Process #1 No Cook Preparation

	16 Servings		32 Servings	
Ingredients	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	³¼ cup	4 ounces	1½ cups
Lime juice		2 Tablespoons		¼ cup
Vegetable oil		1 Tablespoon		2 Tablespoons
Salt		½ teaspoon		1 teaspoon
Black pepper		½ 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 ½ cup portions using a #8 scoop.

Serving	Yield	Volume
½ 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		

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