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	12 ounces	2 cups	
Corn kernels, frozen, thawed Green bell pepper, diced	2.4 ounces	½ cup	4.8 ounces	1 cup	
	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
1/4 cup	15 servings, about 1 pound 6 ounces	15 servings, about 3 ¾ 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		

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