Farmers Market Salsa

HACCP Process # No Cook Preparation



1 Serving Provides:

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

	60 Se	rvings	120 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Black beans, drained and rinsed	2 pounds 5.6 ounces	1 quart + 3 cups	4 pounds 11.2 ounces	3 quarts + 2 cups		
Fresh tomatoes, diced	1 pound 8 ounces	1 quart	3 pounds	2 quarts		
Corn kernels, frozen, thawed	9.6 ounces	2 cups	1 pound 3.2 ounces	1 quart		
Green bell pepper, diced	9.6 ounces	2 cups	1 pound 3.2 ounces	1 quart		
White onion, diced	8 ounces	2 cups	1 pound	1 quart		
Salsa		2 cups		1 quart		
Lime juice		½ cup		1 cup		
Garlic powder		2 teaspoons		1 Tablespooon + 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	60 servings, about 5 pounds 8 ounces 120 servings, about 11 pounds	inces 60 servings, about 3 quarts 3 cups 120 servings, about 7 quarts 2 cups	Calories Total Fat Saturated Fat	36 0 g 0 a	Sodium Carbohydrate Dietary Fiber	140 mg 7 g 2 a	Vitamin A Vitamin C Iron	160 IU 1 mg 1 mg	
	·	·	Cholesterol	0 mg	Protein	- 9 1 g	Calcium	11 mg	

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.