

Cookbook for Mishawaka Catholic School

Created by HPS Menu Planner

Table of Contents

[Black Bean, Corn & Fiesta Salsa](#)

Black Bean, Corn & Fiesta Salsa

| | | | |
|----------------------|---------------------------|-----------------------|-----------|
| Servings: | 110.00 | Category: | Vegetable |
| Serving Size: | 1.00 #8 Disher | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-40468 |
| School: | Mishawaka Catholic School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|-------------|-------------------|------------|
| Salsa, Low-Sodium, Canned | 1 #10 CAN | | IN100330 |
| BEANS BLACK LO SOD 6-10 BUSH | 2 #10 CAN | | 231981 |
| CORN WHL KERNEL FCY GRADE 6-10 GCHC | 2 #10 CAN | BAKE | 118966 |

Preparation Instructions

1. Drain black beans in a colander.
2. Drain corn in a colander.
3. In a large plastic tub or a large stainless steel bowl, add drained corn, black beans and salsa. Blend well, cover and refrigerate overnight.

Stir before serving.

—

CCP: Hold for cold service at 41F or lower

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 1.00 #8 Disher

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 84.36 |
| Fat | 0.36g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 126.49mg |
| Carbohydrates | 16.30g |
| Fiber | 3.49g |
| Sugar | 2.72g |
| Protein | 3.97g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 37.11mg | Iron 0.89mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available