

Cold Corn Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-55479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn - frozen	8 Pound		100348
PEPPERS ASST RNBW CHC	6 Cup	About 6 large peppers. Diced into bite size pieces	266985
ONION RED JUMBO	2 Cup	Thinly sliced	596973
BEAN BLACK	12 1/2 Cup	Drained & rinsed	557714
CILANTRO CLEANED	1 1/2 Cup	Remove leaves from stems	219550
DRESSING ITAL FF	3 1/2 Cup		549592

Preparation Instructions

Prep vegetables: Remove seeds from red peppers, Thinly slice onions, and chop cilantro.

Prepare beans & corn: Drain and rinse black beans. Thaw corn (if frozen), drain well.

Combine ingredients: In a large mixing bowl, combine corn, beans, red peppers, onions, and cilantro.

Pour dressing over mixture and toss until evenly coated.

Cover and refrigerate for at least 2 hours before service to blend flavors and marinate.

Serve: Portion 1/2 cup per student.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.100
Beans, Peas, and Lentils	0.250
Starchy	0.160

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	98.46
Fat	0.32g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	326.27mg
Carbohydrates	19.26g
Fiber	3.80g
Total Sugar	2.90g
Added Sugar	1.12g
Protein	4.74g
Vitamin A 0.18mcg RAE	Vitamin C 0.67mg
Calcium 34.53mg	Iron 1.52mg

Nutrition - Per 100g

Calories	67.14
Fat	0.22g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	222.48mg
Carbohydrates	13.13g
Fiber	2.59g
Total Sugar	1.98g
Added Sugar	0.76g
Protein	3.23g
Vitamin A 0.12mcg RAE	Vitamin C 0.46mg
Calcium 23.54mg	Iron 1.04mg