

## Marinated Black Bean Salad

VEGETABLE, MEAT/MEAT ALTERNATIVE						SALADS
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Canned black beans, drained	5 lb. (2.3 kg)	2 qt., 1 cup (1 1/2 No. 10 cans)	10 lb. (4.6 kg)	1 gal., 2 cups (2 2/3 No. 10 cans)		<ol style="list-style-type: none"> <li>1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.</li> <li>2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.</li> <li>3. Pour dressing over salad and toss lightly to combine. Spread 5 lb., 15 oz. (approximately 3 qt., 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>4. Refrigerate until service.</li> <li>5. Portion with No. 8 scoop (1/2 cup).</li> <li>6. Sprinkle Monterey Jack cheese (optional) on top before serving.</li> </ol>
Frozen whole-kernel corn, thawed OR Canned corn, whole kernel liquid packed, drained	3 lb., 8 oz. (1.6 kg) OR 4 lb., 2 oz. (1.9 kg)	1 qt., 1 2/3 cups OR 1 qt., 1 7/8 cups (1 No. 10 can)	7 lb. (3.2 kg) OR 8 lb., 4 oz. (3.7 kg)	2 qt., 3 1/3 cups OR 2 qt., 3 3/4 cups (2 No. 10 cans)		
Fresh green peppers, minced	12 oz.	2 1/4 cups, 2 tbsp.	1 lb., 8 oz.	1 qt., 3/4 cup		
Fresh red peppers, minced	12 oz. (340g)	3 cups	1 lb., 8 oz. (680g)	1 qt., 2 cups		
Fresh onions, minced	4 oz. (114g)	2/3 cup	8 oz. (228g)	1 1/3 cups		
Lemon juice		1/2 cup (118 ml)		1 cup (236 ml)		
Dried parsley		2 tbsp.		1/4 cup		
Ground cumin		1 tbsp.		2 tbsp.		
Granulated garlic		2 tsp.		1 tbsp., 1 tsp.		
Canned salsa	1 lb., 12 oz. (794g)	3 1/4 cups, 2 tbsp.	3 lb., 8 oz.	1 qt., 2 3/4 cups (1.6 kg)		
Vegetable oil		1/4 cup (60 ml)		1/2 cup (120 ml)		
Reduced-fat Monterey Jack cheese, shredded (optional)	1 lb. (454g)	2 cups	2 lb. (908g)	1 qt.		
Serving: 1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable OR 1/2 cup (No. 8 scoop) provides 1/2-oz. equivalent meat or meat alternative and 3/8 cup vegetable.			Yield: 50 servings: about 11 lb., 14 oz. (5.4 kg) 100 servings: about 23 lb., 12 oz. (10.7 kg) Volume: 50 servings: about 1 gal., 2 1/4 qt. 100 servings: about 3 gal., 2 cups			

### NUTRIENTS PER SERVING

Calories	157	Saturated fat	0.26g	Iron	1.7 mg
Protein	5.07g	Cholesterol	0 mg	Calcium	29 mg
Carbohydrate	16.73g	Vitamin A	577 IU	Sodium	246 mg
Total fat	1.64g	Vitamin C	23.7 mg	Dietary fiber	3.5g

Adapted from the USDA/National Food Service Management Institute. [www.nfsmi.org/USDA\\_recipes/school\\_recipes/all\\_alpha.pdf](http://www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf)