MEALS on WHEELS SAN DIEGO COUNTY

Black Bean and Corn Salad

Yield 16

Portion Size: 1/2 cup

AMT	UNIT	INGREDIENTS
10	oz	black beans, dried
12	oz	corn kernels
11.5	oz	tomatoes, diced
1	oz	cilantro, minced
4.5	oz	onion, diced
0.2	oz	chili powder
0.2	oz	garlic powder
0.2	oz	oregano, ground
0.1	oz	black pepper, ground
0.3	oz	salt

PROCEDURES

Soak beans overnight. Rinse. Cover with water and simmer for 30-35 minutes. Allow beans to cool. Store in refrigerator until ready to prepare the salad. Combine the beans with the remaining ingredients. Place in the refrigerator until ready to serve.

*****Special Instructions: Weigh all vegetables after washing, rinsing, and discarding waste.******

HACCP: Hold chilled food for service at an internal temperature of 41°F or below. Do not mix old product with new. Keep all leftover product chilled at 41°F or below.

Ingredients

10.000 oz. Beans, Black, Dry

12.000 oz. Corn, Yellow, Sweet, Kernels, Frozen, Unprepared

11.500 oz. Tomatoes, Red, Diced

1.000 oz. Coriander or Cilantro, Leaves And Stem (Cilantro, Hojas Y Tallo)

4.500 oz. Onions, Chopped

0.200 oz. Chili Powder

0.200 oz. Garlic Powder

0.200 oz. Oregano, Ground

0.100 oz. Pepper, Black, Ground

0.300 oz. Salt, Table

4.000 T. Juice, Lemon

Macronutrients			**Percentage of Kcals**	
Kilocalories	93.253	kcal	Protein	20.0%
Trans Fatty Acid		g	Carbohydrate	75.0%
Sugar, Total		g	Fat, total	5.0%
Protein	5.008	g	Alcohol	0.0%
Carbohydrate	18.756	g		
Fat, Total	0.558	g		
Alcohol	0.000	g		
Cholesterol	0.000	mg		
Saturated Fat	0.119	g		
Monounsaturated Fat	0.093	g		
Polyunsaturated Fat	0.241	g		
Trans Fatty Acid	0.000	g		
Dietary Fiber, Total	4.084	g		
Sugar, Total	2.199	g		

Vitamins & Minerals					
Sodium	220.337	mg	Phosphorus	101.313	mg
Potassium	416.738	mg	Magnesium	42.436	mg
Vitamin A (RE)	40.468	RE	Zinc	0.884	mg
Vitamin C	6.598	mg	Copper	0.186	mg
Calcium	36.679	mg	Manganese	0.306	mg
Iron	1.380	mg	Selenium	0.963	µg
Vitamin D (ug)	0.000	µg	Chromium	0.003	mg
Vitamin E (mg)	0.077	mg			
Thiamin	0.199	mg			
Riboflavin	0.067	mg			
Niacin	0.918	mg			
Pyridoxine (Vitamin B6)	0.134	mg			
Folate (Total)	93.644	µg			
Cobalamin (Vitamin B12)	0.000	µg			
Biotin	0.395	µg			
Pantothenic Acid	0.266	mg			
Vitamin K	5.588	µg			

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Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
10.000 oz. Beans, Black, Dry	17.578 pound(s)	19.531 pound(s)	21.484 pound(s)	23.438 pound(s)
12.000 oz. Corn, Yellow, Sweet, Kernels, Froz	21.094 pound(s)	23.438 pound(s)	25.781 pound(s)	28.125 pound(s)
11.500 oz. Tomatoes, Red, Diced	20.215 pound(s)	22.461 pound(s)	24.707 pound(s)	26.953 pound(s)
1.000 oz. Coriander or Cilantro, Leaves And S	1.758 pound(s)	1.953 pound(s)	2.148 pound(s)	2.344 pound(s)
4.500 oz. Onions, Chopped	7.910 pound(s)	8.789 pound(s)	9.668 pound(s)	10.547 pound(s)
0.200 oz. Chili Powder	5.625 ounce(s)	6.250 ounce(s)	6.875 ounce(s)	7.500 ounce(s)
0.200 oz. Garlic Powder	5.625 ounce(s)	6.250 ounce(s)	6.875 ounce(s)	7.500 ounce(s)
0.200 oz. Oregano, Ground	5.625 ounce(s)	6.250 ounce(s)	6.875 ounce(s)	7.500 ounce(s)
0.100 oz. Pepper, Black, Ground	2.813 ounce(s)	3.125 ounce(s)	3.438 ounce(s)	3.750 ounce(s)
0.300 oz. Salt, Table	8.438 ounce(s)	9.375 ounce(s)	10.313 ounce(s)	11.250 ounce(s)
4.000 T. Juice, Lemon	1 qt + 3 c.	2 qts	2 qts + 1/2 c.	2 qts + 1 1/3 c.

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
10.000 oz. Beans, Black, Dry	25.391 pound(s)	27.344 pound(s)	29.297 pound(s)	31.250 pound(s)
12.000 oz. Corn, Yellow, Sweet, Kernels, Froz	30.469 pound(s)	32.813 pound(s)	35.156 pound(s)	37.500 pound(s)
11.500 oz. Tomatoes, Red, Diced	29.199 pound(s)	31.445 pound(s)	33.691 pound(s)	35.938 pound(s)
1.000 oz. Coriander or Cilantro, Leaves And S	2.539 pound(s)	2.734 pound(s)	2.930 pound(s)	3.125 pound(s)
4.500 oz. Onions, Chopped	11.426 pound(s)	12.305 pound(s)	13.184 pound(s)	14.063 pound(s)
0.200 oz. Chili Powder	8.125 ounce(s)	8.750 ounce(s)	9.375 ounce(s)	10.000 ounce(s)
0.200 oz. Garlic Powder	8.125 ounce(s)	8.750 ounce(s)	9.375 ounce(s)	10.000 ounce(s)
0.200 oz. Oregano, Ground	8.125 ounce(s)	8.750 ounce(s)	9.375 ounce(s)	10.000 ounce(s)
0.100 oz. Pepper, Black, Ground	4.063 ounce(s)	4.375 ounce(s)	4.688 ounce(s)	5.000 ounce(s)
0.300 oz. Salt, Table	12.188 ounce(s)	13.125 ounce(s)	14.063 ounce(s)	15.000 ounce(s)
4.000 T. Juice, Lemon	2 qts + 2 c.	2 qts + 3 c.	3 qts	3 qts + 1/2 c.