

Marinated Black Bean Salad

Vegetable or Meat/Meat Alternate-Vegetable

Salads and Salad Dressings

E-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned black beans, drained	5 lb	2 qt 1 cup (1 ½ No. 10 cans)	10 lb	1 gal 2 cups (2 ½ No. 10 cans)	1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.
Frozen whole-kernel corn, thawed OR Canned corn, whole kernel liquid packed, drained	3 lb 8 oz OR 4 lb 2 oz	1 qt 1 ⅔ cups OR 1 qt 1 ⅞ cups (1 No. 10 can)	7 lb OR 8 lb 4 oz	2 qt 3 ⅓ cups OR 2 qt 3 ¾ cups (2 No. 10 cans)	
*Fresh green peppers, minced	12 oz	2 ¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
*Fresh red peppers, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh onions, minced	4 oz	¾ cup	8 oz	1 ½ cups	3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Lemon juice		½ cup		1 cup	
Dried parsley		2 Tbsp		¼ cup	4. Refrigerate until service.
Ground cumin		1 Tbsp		2 Tbsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	5. Portion with No. 8 scoop (½ cup).
Canned salsa	1 lb 12 oz	3 ¼ cups 2 Tbsp	3 lb 8 oz	1 qt 2 ¾ cups	
Vegetable oil		¼ cup		½ cup	6. Sprinkle Monterey Jack cheese (optional) on top before serving.
Reduced fat Monterey Jack cheese, shredded (optional)	1 lb	2 cups	2 lb	1 qt	

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green peppers	15 oz	1 lb 14 oz
Red peppers	15 oz	1 lb 14 oz
Mature onions	5 oz	10 oz

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SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ½ cup of vegetable OR ½ cup (No. 8 scoop) provides ½ oz equivalent meat/meat alternate and ¾ cup vegetable.	50 Servings: about 11 lb 14 oz 100 Servings: about 23 lb 12oz	50 Servings: about 1 gallon 2 ¼ quarts 2 pans 100 Servings: about 3 gallons 2 cups 4 pans

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Special Tips:

1) This salad is a colorful accompaniment for Tacos (D-13).

2) Black beans can be rinsed to brighten their color.

Nutrients Per Serving					
Calories	157	Saturated Fat	0.26 g	Iron	1.70 mg
Protein	5.07 g	Cholesterol	0 mg	Calcium	29 mg
Carbohydrate	16.73 g	Vitamin A	577 IU	Sodium	246 mg
Total Fat	1.64 g	Vitamin C	23.7 mg	Dietary Fiber	3.5 g