

Black Bean, Corn and Tomato Fiesta Salad

Adapted from: [Minneapolis Public Schools, Healthy School Recipes](#)

Description: Serve up a fun, vibrant salad with this recipe. Just mix together black beans, corn, tomatoes and spring onions. Then combine with a zesty cilantro lime dressing.

Yield: 110 servings

Serving Size: ½ cup

USDA Meal Components: ½ oz. equivalent meat/meat alternate*, 1/8 cup red/orange vegetable subgroup, and ¼ cup starchy vegetable subgroup. Or 1/8 cup legume/bean/pea vegetable subgroup*, 1/8 cup red/orange vegetable subgroup and ¼ cup starchy vegetable subgroup.

*Menu planner must decide if the recipe will credit toward meat/meat alternate or the legume/bean/pea vegetable subgroup.

Ingredients:

- 2 #10 cans Black Beans, canned, drained
- 12 pounds Corn, sweet yellow
- 6 ½ pounds Tomatoes, diced
- 2 cups Green onions, sliced thinly on bias
- 3 cups Cilantro, fresh
- 3 cups Olive oil
- 3 cups Lime juice
- ½ cup Cumin, ground
- 1 ½ Tbsp Salt, kosher
- 2 Tbsp Black pepper

- 8 each Jalapeno peppers, raw, diced

Directions:

1. Drain black beans and thaw corn in a colander.
2. In a large bowl, add drained corn, black beans, diced tomatoes and chopped spring onion
3. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, cumin, salt, black pepper, and diced jalapenos. Mix well.
4. Pour dressing over the bean, corn, tomato and onion mixture. Blend well, cover and refrigerate overnight. Stir well before serving.

Notes:

- CCP: Hold for cold service at 41° F or lower.

Nutrition Facts

110 Servings Per Recipe	Amount Per Serving
Serving Size	½ cup
Calories	219
Total Fat	6.2 g
Saturated Fat	0.9 g
Sodium	295 mg
Total Carbohydrate	20 g
Dietary Fiber	4 g
Protein	6 g

Filed Under: School